



A

T R E A T I S E

ON THE

METHOD OF CURING

T H E

Gout, Scurvy, Leprosy & Evil.



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THE HISTORY OF THE

TREATY

METHOD OF

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T R E A T I S E  
ON THE  
METHOD OF CURING  
THE

Gout, Scurvy, Leprosy, Elephantiasis, Evil,  
And other cutaneous Eruptions.

S H E W I N G T H E  
Rise and Progress of those Diseases, and by what  
Medicines they may be cured.

I L L U S T R A T E D B Y  
Many Cases extracted from the Writings of the  
most eminent Men of the Faculty, and the Au-  
thor's own Observations.

The whole interspersed with  
A Variety of efficacious Receipts, collected, and  
now published for the Good of the Public.

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The THIRD EDITION, with Additions and Corrections.

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By F. SPILSBURY, Chymist.

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T H E

## Editor's Preface.

**T**HE vain and ambitious, though excusable, desire of acquiring the name of AUTHOR; still less the contemptible design of merely promoting the sale of his Medicine, never animated the writer of the following sheets. And, in the publishing of them, we ourselves had no other view but to serve the Public, by communicating to them a series of remarks, observations, and criticisms on the nature and treatment of certain disorders hitherto not known enough, though too common, and which, for many years past, had made the chief object of the Author's unremitted studies. The stile, perhaps, will appear to some nice readers rather neglected, and we shall not deny the charge; though we think we are not quite destitute of good and valuable reasons which may, if not absolutely justify, at least apologize for the imputation.

The M. S. from which we printed was nothing but the first rough-draught itself, which the Author had written hastily, and merely for the sake of easing his memory, just as the various cases, (and the particular remarks to which certain circumstances attending them had given rise) occurred to him in the course of his business. And indeed how could it be expected from him that he should find time enough to revise, polish, and fit for the press so many notes and observations? The prodigious success of his Medicines increasing daily, the number of his patients could not fail increasing also. Hence new cases, and therefore new animadversions and discoveries which, keeping pace in the same *ratio*, took therefore away from him so much more of the time he used to allow himself for the setting them down, and made the attending to the niceties of style more and more impracticable: so that the larger were the benefits accruing to the public, by the number and utility of the remarks; the less time and opportunity the Author had of doing himself justice, as a writer, by adorning them with the elegance of diction.—True it is that in receiving the manuscript we were at the same time invested with a full power of making in that  
*diction*



*diction* what alteration we should think proper. But after a due consideration, on the nature of the performance, we found ourselves rather averse to comply with the request, lest, in matters of such a consequence, and with which we were not sufficiently conversant, we might often weaken, and sometimes even alter, the real idea of the author. Indeed we might perhaps have got the assistance of some Gentlemen of the faculty. But we were too sensible of the many risks which attend the trusting thus the honour and reputation of a man, to the mercy of another of the same profession, by putting into the hands of this last the productions of the genius of the former. And nobody pretends to be so ignorant as not to know that jealousy is a pestilence with which there is no company of men, be the object of their pursuits ever so mechanical or so sublime, but each of their members is most violently infected. Therefore we thought it as well to rely upon the indulgence of the public, and the precept of Horace, who says that, *Ubi plura nitent, non ego paucis offendar maculis.*

The Author, we think, has a merit seldom to be met with amongst those of his profes-

sion. He has carefully avoided admitting all vain and futile systems, whether ancient or modern, which had no other foundation but the fertility of the imagination of their authors. With the same care he himself has therefore wisely renounced all pretensions to the pompous parade of building up any new one of his own invention, for the sake of merely and solely getting a name among the Philosopho-Physicians of this age. Modest enough to mistrust, in that respect, the flights of his own genius, he has, at the same time, sufficiently convinced us of the sagacity of his judgment, and of the solidity of his prescriptions, by the wise and prudent choice he has made of closely adhering to the sole study of Nature. Her, and her only, he has endeavoured to penetrate, following her step by step, in all her process, in order to arrive at a more certain and rational knowledge, than had hitherto been obtained, of the true source and principle from which those two so famous and so common disorders, called the Gout and the SCURVY, derive among us their fatal existence.

To this effect, taking TRUTH for his guide, and experience alone for his support, he has never attempted to define, or dared



to prescribe but after iterated trials; which, as we see, must undoubtedly be productive of an irresistible and intimate conviction.

It is on this ground we dare now to take upon ourselves to recommend the following Treatise to the serious and candid perusal of those who labour under any of the disorders therein mentioned; persuaded that, by paying a due attention to the reflections of the Author, and to his directions, they will find the salutary relief they wish for, and, in many cases, even prevent their falling a victim to either of those two raging diseases.

But here, indeed, we cannot help remarking, with our Author, that in general people are a great deal too apt to give into two very gross errors. First, by placing an unreasonable, nay a most ridiculous, dependence on the power of medicines and the abilities of physicians: they expect these will work miracles; and, with that confidence, abandon themselves brutishly to the most immoderate excess of debauchery and luxurious living; till at last they have entirely destroyed in them the very foundations of health, on which the remedies could have laid their action, and operated a restoration

## x P R E F A C E.

of the prime state of the patient. While, by a proper temperance and management of their own body, mankind, in general, might save themselves from two-thirds, and even more, of the maladies by which they are attacked in the course of their life.

The other error is the too high opinion which is entertained, by the public, of cathartics, emetics, diaphoretics, diuretics, as well as of most of the external remedies, such as ointments, &c. These, for reasons very obvious to those who are well acquainted with the nature and the composition of either, are productive of more dangerous than salutary effects. And, indeed, it requires no great knowledge in the physical art to be sensible that, to repel or suspend the exterior budding or appearances and effects of a disorder, as the above-mentioned remedies are known to do, must needs be attended with the most fatal consequences afterwards. Such a process only gives room to the disorder to brood slyly within, to ferment and thereby to infect the whole blood in such a manner that, when it comes forth again, it sallies with such a violent rage as to be quite proof against any application similar to that which it yielded to at first.

While,



While, had from the beginning proper purifying draughts, or DROPS, been taken to attenuate and dissolve the feed of the disorder inwardly, they would have assisted the efforts Nature herself was making to get rid of the infection; efforts of which such eruptions should always be considered as tokens she gives us of her labours to that effect. Then, most of the diseases which are pronounced, and really become incurable in certain patients, would never have arrived to that pitch of obstinacy and obstreperousness.

We must then think ourselves under great obligations to the Author for the vast improvement he has made upon his valuable ANTISCORBUTIC DROPS; an improvement founded on such a basis as will make them now, and ever after, outvie a *Boerhaave*, a *Huxham*, a *Maredant*, a *Velno*, &c. or any other like medicines, since he has found the art of uniting the chief powers of each of those into his own: so that the mode of taking these improved DROPS, causing them to mix intimately with the aliments, the result is that they give a new action to the digestive faculties, they revive the strength, and, by reanimating and *invigorating* (*si dicere fas est*) the internal exertive powers of the

the body, free it entirely from those noxious humours which occasion the painful sensations so much complained of in the attacks of the GOUT, SCURVY, PALSY, &c. and such like disorders. This may easily account for the great success of our Author's DROPS, and the high and universal esteem they are held in throughout the three kingdoms; of which no more evident testimonial can be produced than the collection of CURES and the CASES reported in the following work from page 106 to 134.





## ADVERTISEMENT

OF THE

## AUTHOR.

THE *Poor* making by their number the greatest, as by their labour and industry, the most considerable and useful part of the community, it behoves the man of sense and feeling to pay the greatest regard to their welfare; and the Physician is bound, by the laws both of humanity and patriotism, to give them not the least share of his attention. On those principles I have never neglected mentioning in the ADVERTISEMENTS of my Medicines that *I treated the Poor GRATIS*; and I dare confidently to trust in, and rely upon, the candour and integrity of the Public that nobody, either in town or in the country, can rise to say that, on personal, or epistolary application, I ever did refuse, or neglect, to give, or send, my Medicines, when they made their indigent faculties known to me.

But,

But, here, I must beg to explain myself in a more clear and explicit manner. By the POOR are generally understood two classes of people, viz. such as are intirely destitute, and another sort which would not like to be ranked among them, though, on account of the smallness of their yearly stipends, they cannot afford to pay an equal price with people of fortune.—To the former, I absolutely give my attendance, advice, and medicines GRATIS; to the latter, at HALF-PRICE. — And it is the better to enable me to give that friendly, humane, compassionate, salutary, and, at the same time, just and equitable assistance to these two different, and far præ-numerous, parts of the nation that, on the 1st of September, 1774, I found myself under a necessity of raising the price of my bottles, viz. those of 2s. 6d. to 3s. and those of 4s. to 5s. And it is but just to acknowledge here, in gratitude to the humanity of the Public, acquainted with the motives of this trifling advance in the price, that they THEN not only approved of the equitableness of it, but have EVER SINCE freely, and readily complied with it.

P. S. I think I cannot find a better opportunity to apologize here for some apparent neglect



neglect in the answering of such letters as are sent to me by distant patients for my *advice*.—As I have made it a rule, to which I most strictly adhere, to answer them in turn according as they came, this is the sole reason, I beg the favour of being admitted to plead, for the distance of time which may now and then be found to elapse between the letter sent to me and my answer to it. Whenever a great number of such letters happen to fall in together, and thus to follow in a close succession to each other, it is unavoidable to appear rather tardy and somewhat dilatory to the writers of the last letters; though, in fact, I dare protest it never was, or will it ever be my case.

\*†\* Counterfeiting a Medicine, and introducing spurious ones on the public, might perhaps not so unjustly be considered, by its real author and proprietor, as rather a sort of testimony of its real merit and high reputation. But, however advantageous and favorable to the personal pride of an Inventor such a practice might appear in the eyes of some, it is incontestably of too dangerous a tendency to patients labouring under any of the disorders it is intended to cure, not to be seriously cautioned against it. Therefore, who-  
ever

ever shall think themselves founded in suspecting the genuineness of the DROPS which shall be offered to them under my name, by sending in direct line to my house at No. 5, *Mount-Row, Westminster Bridge, Surry Side*, shall have their orders carefully attended to, and faithfully executed.





A

# T R E A T I S E

O N T H E

SCURVY, LEPROSY, &c.

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## S E C T. I.

*Of the Leprosy of the Arabians.*

**T**HE Leprosy of the Arabians, called Elephantiasis, from the roughness, inequalities and tubercles in the skin, resembling that of an elephant, we are so happy as not to know much more of than is handed down to us by antient writers. Lucretius supposed it began in Egypt, and no where else; but if the Leprosy of the Jews is the same as of the Negroes, (though I doubt it, contrary to the opinion of other authors) then we may affirm, that it is endemical to the southern parts of Africa.

Tacitus says, that Occhoris, king of Egypt, consulted the oracle of Ammon, for a remedy for the Leprosy, and was advised to expel the Jews out of his country, as a race of men

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hateful

hateful to the gods: a stroke of policy of some that owed no good-will to that people; though we find that Justin falls into the like error, affirming, that the only means the Egyptians had to stop the plague, was to drive Moses and his people out of the land: that it was infectious all authors agree, both sacred and prophane. Herodotus tells us, that the Persians, whom it visited sometimes, would not suffer a leprous person to come within their walls; and surely the accounts the scripture gives of these disorders are truly melancholy. Pliny acquaints us, that it did not invade Italy till the time of Pompey the Great, and that it was brought from Egypt, and is peculiar to that kingdom; and speaking of another disease, not much unlike the Leprosy, which was brought from Asia into Italy, in the reign of Tiberius, says, they were obliged to send to Egypt, the mother (as he styles them) of these filthy maladies, for physicians to cure it. Some have thought, and not without reason, that the Leprosy of the Arabians was the parent of the *lues venerea*. Astruc, who was of the contrary opinion, acknowledges it was propagated by venereal embraces, that it was endemic in Syria, as well as Egypt, and was the Leprosy of the Jews; it is certain, that since a certain disorder has been curable, the Elephantiasis seems



to have disappeared, and the Leprosy of the Greeks might have been much more frequent among us than it is now.

Pliny the elder, who lived in the reign of Vespasian and Titus, and who was a great writer of natural history, informs us, that the Elephantiasis made its first appearance on the face, by a small speck on the nose, or nostril, and the whole body is covered over with spots of various colours, in proportion to the increase of the disease; the skin is thick in one place, and thin in another; hard and rough, with scabs in time; the skin turns black, and the disease eats away the flesh of the bones. Celsus, a physician, who lived in the reign of Tiberius, observes, that the spots grow tumid and red, and then turn black, and the skin is covered with scales; then the body falls away, the mouth, legs, and feet swell; the fingers and toes are hid with a swelling, even the bones themselves do not escape: afterwards a fever arises, to which the patient falls an easy victim.

There is another disease in the island of Barbadoes, which Towne falsely calls the Elephantiasis, on this supposition, that it was denominated from the patient, having a leg of a prodigious size, resembling the leg of an elephant; others, without examining minutely, have been led into the same mistake; for

it generally happens after long illnesses, acute fevers, obstinate intermittents, or other tedious distempers; the viciated humours generally subside into one leg, sometimes into both, imitating an Anasarca, or Dropsy, where the whole substance is, stuffed with pituitous humours. As the leg becomes more tumefied, the veins are distended with a varicous swelling from the knee to the toe; then the skin begins to grow rugged and unequal, its vascular and glandular compages are enlarged, and a scaly substance, with a sort of chops and fissures in the interstices, appear on the surface: these seeming scales do not dry up or fall off, but are protruded forward, and stretched in their dimensions till the leg is enlarged to an enormous bulk: though this scaly coat appears to be harsh, callous and insensible, yet if touched ever so superficially with a lancet the blood will freely ooze out, and if the epidermis, or outer skin be pared off, an infinite number of orifices of the blood vessels will appear to the eye, when assisted with a microscope. The Negro, though in such a state, is otherwise hearty and well, and some have lived with this disease fifteen or thirty years. Amputation is no cure, for it will seize the other leg: white people, when reduced to hardships, sometimes have it.



Dr. Heberden, in the island of Madeira, has sent his brother, Dr. Heberden, here in London, a description of the Elephantiasis, as follows: Frequently the first symptom is a sudden eruption of tubercles or bumps of different sizes of a red colour, more or less intense (attended with great heat and itching) on the body, legs, arms, and face, sometimes in the face and neck alone, at other times occupying the limbs only; the patient is feverish, the fever ceasing the tubercles remain indolent, and in some degree scirrhous, of a livid or copper colour, and sometimes of the natural colour of the skin, or at least very little altered; and sometimes, after some months, they ulcerate, discharging a fetid ichorous humour in small quantities, but never laudable pus. The features of the face swell and enlarge greatly, the part above the eye-brows seem inflated, the hair of the eye-brows falls off, as does the hair of the beard: but I have never seen any whose hair has not remained on his head. The *alæ nasi* are swelled and scabrous, the nostrils patulous, and sometimes affected with ulcers, which corroding the cartilage and *septum nasi*, occasion the nose to fall; the lips are tumid, the voice hoarse, which symptom I have observed when no ulcers have appeared in the throat, although some-

sometimes both the throat and gums are ulcerated, the ears, particularly the lobes are thickened, and occupied by tubercles; in the extremities the nails grow scabrous and rugose, appearing something like a rough bark of a tree, and as the distemper advances, corrodes the parts gradually with a dry sordid scale, or gangrenous ulcer; so that the fingers and toes rot and separate joint after joint. In some patients the legs seem rather posts than legs, being no longer of a natural shape, but swelled to an enormous size, and indurated, not yielding to the pressure of the fingers, and the superficies is covered with very thin scales of a dull whitish colour, seemingly much finer but not so white, as those observed in the *Lepra Græcorum*. The whole limb is overspread with tubercles, interspersed with deep fissures; sometimes the limb is covered with a thick, moist, scabby crust, and not seldom the tubercles ulcerate; in others, the legs are emaciated, and sometimes ulcerated, at other times affected with tubercles without ulceration. The muscular flesh between the thumb and fore-finger is generally extenuated. The whole skin, particularly that of the face, has a remarkable shining appearance, as if it was varnished or finely polished. The sensation is very obtuse, or totally abolished; so



so that pinching, or puncturing the part gives little or no uneasiness, and in some patients the motion of the fingers and toes are quite destroyed; the breath is very offensive; the pulse in general weak and slow. The disease often attacks the patient in a different manner from the above-described, beginning almost insensibly; a few indolent tubercles appearing on various parts of the body or limbs, generally on the legs or arms, sometimes on the face, neck, or breast, and sometimes in the lobes of the ears, increasing by very slow degrees, without any disorder previous, or concomitant in respect of pain or uneasiness.

Guido de Chauliac, has summed up a description of this disease in a concise manner, yet copious: The Leprosy, says he, commonly begins in the face and forehead, in which filthy tubercles make their appearance, and by degrees spread all over the body. The eye-brows swell; the nostrils grow wider outwardly, and straiter inwardly; the lips are disfigured with an unsightly tumour; the voice is hoarse and snuffling; the ears are turned back; the forehead is protuberant; the face is of a purple colour; the veins under the tongue are varicous and black; the muscles between the fore-finger and the thumb  
are

are eaten away ; the hair falls off from the head and eye-brows ; afterwards the skin of the whole body becomes black and full of spots, rough and unequal, with crusty scabs full of knobs and fissures of horrible aspect, which makes it appear like the skin of an elephant. After this the fingers and toes begin to swell, and then the legs, which being covered with rugged inequalities seem like two sacks for magnitude : besides all this the patient is insatiable with regard to venereal pleasures : the blood is fœtid, spotted, and black, and will not coagulate.

Hoffman, (a physician to two kings of Prussia) a man of great judgment, thought that the seat of this disease was in the skin, but chiefly in the fatty membrane, where the fumes of the impure and corrupt matter chiefly resides ; inasmuch that by corroding, pricking, and inflaming, the nervous fibrillæ of the skin various kind of pustules are generated ; nay, he thought that the fat was not only the proper receptacle for the seeds of this disease, but of the measles, small-pox, miliary pustules, and the *lues venerea*, where they may lurk till some bad constitution of the air gives them sufficient vigour to exert their pernicious qualities. All the antient physicians thought it had its rise from errors in diet, and  
some



some are of opinion that hogs flesh was forbidden to the Jews on that account. Other authors laid the blame on salt, vici meats, and acid wines.

Many former writers affirmed, that this disease was hereditary and infectious; that it might be caught by the saliva of a leper, or if you drank after one, out of the same pot; by touching or lying in the bed, and by coition; but if we review what Dr. Heberden has wrote, we find it was not catching; his words are these: Notwithstanding the just abhorrence which every one entertains of this loathsome disease, it certainly is not so contagious as is commonly imagined; for I have never heard of any one who has contracted the distemper by contact of a leper: and on the contrary, I not only am a daily witness of communication between lepers and other people, without the least ill consequence; but know several instances where a leprous husband married to a sound wife, has cohabited with her for a long series of years, and had several children by her, without her having contracted the least symptom of the disorder, although the children have inherited it, and *vice versa*, between a leprous wife and sound husband. As to its being hereditary, our author confirms it, but not as we should imagine

gine

gine it; the account is curious and worthy our observation. He says, I have known several children from the same parents, some of whom have the distemper, the others seemingly free from it: and know a family whose father lived and died a leper, and of two sons and two daughters who survived him, though at present each of them is advanced in years, the youngest daughter alone has shewed she inherits the disorder; and what I think is worthy of remark is, that although the eldest son at present is between sixty and seventy years of age, he has never discovered in himself the least symptom of it; yet his only daughter, now about eighteen years old, has been afflicted with it several years; thus suppressed, but not subdued (we see) the *fomes morbi* may lie dormant a whole generation, and awake with full vigour in the succeeding one. Doth not the mass of blood, when once tainted, always preserve the seeds of the distemper blended therewith, and thereby acquire an aptitude to produce it, and only wait the concurrence of a proper agent to excite, and put it in action? It is the universal opinion in the island of Madeira, that when once a person is infected, his posterity are never secure from it.

I have



I have known people live ten, fifteen, and more years, afflicted with this distemper, and at last die of other disorders; and do not remember to have seen more than one person, who could be said to have died of the Leprosy: this was an old man, who, after having laboured many years under the disorder, and having been bed-rid the last year or two of his life, at length died emaciated.

Antient authors have given us a description of this disease, but in regard of the healing part, they are quite defective; when the disease was recent, they had hopes of curing it, but if it was of long duration, they absolutely despaired; and pronounced it incurable. In regard to the medicines they have mentioned, they are trifling, and not worth a repetition: therefore, I shall close an account of this dreadful disease with the case of one person, and the manner of cure related by Dr. Heberden of Madeira, to whom, and his brother, Dr. Heberden of London, we are greatly obliged.

I have in this island, experienced the use of the bark in four or five leprous patients with success: one had a confirmed Elephantiasis, the others were only incipient, having no other symptoms than florid and livid tubercles in the face, and on the limbs. The  
confirmed

confirmed Elephantiasis was attended with livid and schirrous tubercles which had overspread the face and limbs, the whole body was emaciated; the eye-brows inflated; the hair of the eye-brows fallen off entirely; the bones of the nose depressed; the *alæ nasi* tumefied, as likewise the lobes of the ears, with a suffusion on both eyes, which had almost deprived the patient of his sight; there was a want of sensation in the extremities, and a loss of motion in the fingers and toes. For the space of more than seven years, I had in vain used every method I could think of to relieve my patient, either by forcing the peccant humour through the pores of the skin, by precipitating it through the kidneys by the help of crude antimony; essence of antimony; crude antimony, 2d part, æthiops mineral; Plummer's mercurial alterative, assisted by saffrastra tea; mercurius dulcis in small doses; mercurial frictions, taking care they shall not affect the mouth; sublimate, with a decoction of saffrastra; decoct. of sarsaparilla; neutral salts; tincture of cantharides; whey simple and medicated; baths of warm water; baths medicated; and each of these methods I pursued for several months successively; and though I often flattered myself that I had gained advantage under each of them, yet a  
little



little time never failed to convince me of my mistake.

The good effects obtained from the bark in mortifications, wounds, and particularly in strumous disorders, determined me to make trial of it in this case; accordingly on the 2d of March, 1753, I prescribed the following electuary.

Take Peruvian bark finely powdered, one ounce and a half; of the bark of saffrafras root in powder, half an ounce; simple syrup sufficient to make an electuary: take the quantity of a large nutmeg twice a day. I ordered him to rub his arms and legs night and morning, with the following embrocation from Quincy. Take spirit of wine, eight ounces; oil of tartar *per deliquium*, one ounce; spirits of sal ammoniac, two drams, mixt; and prescribed a perpetual blister between the shoulders. By the latter end of May, the tubercles were considerably softened; by the 28th of June, they were dissipated, and in their place the parts were covered with a scurfy efflorescence of a very florid red colour, resembling the sterpes, or common ring-worm: July 8, the eruptions had lost their florid colour, turned brown, and peeled off, leaving the cutis sound and clean.

The patient gradually recovered the sensation in his legs and arms, and the use of his toes and fingers; the hair has grown again on his eye-brows, and the only remainder of his distemper which I can perceive is, that the nose continues somewhat flatter from the depression of the bones: the suffusion is quite cured, and the patient is, *eufarkos kai euxroos*. His diet during the whole cure was flesh-meat at dinner, sometimes fowl, but oftener (the patient being tired of fowls) fresh beef; his breakfast toast and butter, with two dishes of coffee, mixed with an equal portion of milk; his supper frequently the same as his breakfast, and sometimes a couple of new-laid eggs; he was allowed to eat lettuce, and now and then fresh cucumbers. The patient is one-and-thirty years old; he is so fond of the medicine from which he has received such benefit, that he never has neglected taking it every day constantly, from the time he first began it. I must observe, that mercurials did no way exasperate the disorder, as is commonly believed, at least I could never perceive that effect from them, although I was particularly careful in endeavouring to find out the truth of the common opinion. The disorder by fluxion is what is the ofteneft endeavoured to be remedied by timely application;



cation; that by congestion not being so conspicuous, is generally either neglected, or endeavoured to be concealed, until perhaps it is too late to be cured, at least unless the patients would submit to a longer course of medicine, and stricter regimen of diet, than I have seen them inclined to do. Several incipient disorders by fluxion, I have known yield to an antiphlogistic method, as bleeding, sal diuretic, in the saline draughts, and a solution of cream of tartar in water for their common drink (by this means endeavouring to precipitate part of the peccant matter, perhaps too gross to pass the pores by the kidneys) and when once the fever is overcome, the Peruvian bark, with the bark of saffrafras, as mentioned in the foregoing place, is the medicine I rely on; the only topical medicine I prescribe is the attenuating embrocation mentioned in the same account. By the same method I have known some confirmed cases palliated, but excepting the patient, of whose case I send you the relation, I have never seen nor heard of a confirmed Elephantiasis radically cured.

This person has remained hitherto quite free from the distemper: Indeed I have never met with another possessed with prudence and perseverance enough to prosecute the  
cure

cure as he ought: I cannot close this subject without putting my reader in mind, what a blessedness it is, that these melancholy dreadful disorders, are strangers to this land.— May they ever be so!

I have never seen one instance of it, nor many physicians whom I have conversed with: I shall now proceed to treat of a species of Leprosy, well known among us, commonly called *Lepra Græcorum*

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## S E C T. II.

*Observations of the Leprosy of the Greeks by the antient Physicians, and their manner of treating these complaints.*

**D**R. Willis, an experienced Physician, who lived about the year 1766, observes, this distemper begins with red pimples, or pustules, breaking out in various parts of the body; sometimes they appear single, sometimes a great number arise together, especially on the arms and legs; as the disease increases, fresh pimples appear, which joining the former make a sort of clusters, all which enlarge their borders, and spread in an orbicular form; the superficies of these pustules are rough, whitish, and scaly.

When



When they are scratched, the scales fall off, upon which a thin ichor oozes out, which soon dries and hardens into a scaly crust. These clusters of pustules, are at first small and few, that is three or four in the arm or leg only, and of the size of a silver penny; but if the disease is suffered to increase, they become more numerous, and the clusters enlarge their circumference to the bigness of a crown piece, but not exactly round; afterwards it gradually increases in such a manner, that the whole body is covered with a leprous scurf.

Dr. Willis in the first place recommends bleeding and purging; then prescribes the following cathartic infusion to be repeated six or seven days, viz.

Take roots of sharp-pointed dock, of poly-pody of the oak, of each half an ounce; fenna, ten drams; epithymum, six drams; rhubarb, mechoacan, each half an ounce; yellow Saunders, two drams; celtick spike, half a dram; salt of tartar, one dram and a half; put them in a glass with three pounds of white-wine, and a pound of elder-flower water, let them stand close covered in a cold place for three days, then use it; purging forth daily a sufficient quantity of the clear liquor; secondly, to sweeten the blood, and cleanse

it from its salts, drink every morning two or three pints of whey by itself, or with fumitory, succory, and the sharp-pointed dock, infused in it; and let this drink be continued for thirty days, if it agrees with the stomach: and a dose of the following electuary to be taken night and morning, viz. Take conserve of the roots of sharp-pointed dock, six ounces; crabs-eyes, and coral prepared, each, two drams; ivory, one dram; powder of lignum, aloes, yellow saunders, each one dram and a half; salt prunella, two drams; vitriol of Mars, one dram and a half; syrup of the juice of wood sorrel, sufficient to make an electuary, dose is two drams.

The iron mineral waters prevail much in this disease; and when other medicines have been given to no purpose, I have often cured a grievous scab, which has almost been leprous, with these waters; yet for the more efficacy, salt prunella, or vitriol salt of steel, or a little of the aforesaid electuary may be given conveniently. In constitutions more phlegmatic, or abounding with serum, when drinking of whey, or the waters, are not so proper, it may be sometimes convenient to give a decoction of the woods at medical hours, and moreover constantly to take them for their ordinary drink, as thus: The rasping  
of



of willow-wood, half a pound; sarsaparilla root, eight ounces; white Saunders wood, of the mastie tree, each two ounces; shavings of ivory of hartshorn, each six drams; shavings of tin; and crude antimony, each four ounces, both tied in a rag; liquorice one ounce; infuse, and boil in fountain water, sixteen pints to half, then strain for use.

Chalybeates are generally directed as useful in these cases, though often without success; for most preparations of steel, in which the sulphureous particles prevail, inasmuch as they ferment the blood, and put it into critical effervescences, do rather increase than diminish the impetiginous eruptions. Nevertheless the salt, syrup, tincture, and vitriolic infusions, as they fix the blood, and somewhat check the raging salts, do well enough suit the intentions proposed. But when none of these can avail, many, as the last remedy, commend salivation\*, as the stoutest champion, and the only one that is able to cope with so strong an adversary: but the event does not always answer this mighty expectation; for I must own to have tried this re-

\* Dr. Willis seemed fully sensible of the inefficacy of salivation, which at those times was the last resort they had, and was generally put in practice, and has been often tried with as little success since.

medy myself in four persons, one of them three times repeated. Some were salivated by unction, about twenty days, others by pills, after which time all the scaly breakings forth, and clusters of pustules vanished; nevertheless for perfecting the cure, a diet-drink of sarfa, with frequent sweatings under a cradle, and due purging betwixt whiles was continued for a month; yet this course being ended, when no footsteps of the running scab seemed to be left behind; within the second month a new stock of the same disease beginning to spring forth, grew up in a short time to its wonted maturity. Moreover, when one of these persons would repeat this medicine, and another, after two returns of the disease, would try it a third time, both of them at length despaired of cure, after they had underwent so much misery; whence it is evident, that the venereal disease, though it be extremely malignant, and cause foul and virulent ulcers, eating the very bones themselves, may more easily and certainly be cured than this distemper; therefore not undeservedly did the most famous physicians of old reckon this disease, when confirmed, to be very difficult, if at all curable.

An event no better attends it, when coming upon an inveterate Scurvy; perhaps, indeed,



deed, the intentions of cure may be more certainly gathered, when this matter is the basis or root, as I may say of the former, viz. taking the primary therapeutic indications from thence, and to insist chiefly upon antiscorbutic medicines; but even of this sort, those that are sharp and hot, as scurvy-grass, water-creffes, horse-reddish, pepper-wort, and other things that incite the blood too much, as they dissolve the crasis of it more, and force the coagulating tartar to the skin in a greater quantity, are always found to do more harm than good.

Baths, or bathing in hot water, which evacuate by abundance of sweat the humours of the whole body, and cleanse the pores of the skin, though they seem very proper for this disorder, yet they are so far from relieving, that the breakings out are very often increased and exasperated thereby: that, to his knowledge, many have made the experiment, and have returned quite leprous\*;

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\* These two remarks of Dr. Willis, concerning Scurvy-grass and the Hot Baths, are very just and pertinent; — for Scurvy-grass and water-creffes being commended for the sea scurvy, has induced persons on land to eat them with great avidity. Now where there is a heat or an irritation in the blood, it is only increased by these methods; likewise other hot drugs have been frequently made use of, such as Guaicum, Camphire, &c. to determine or drive the humours out on the skin;

wherefore, whenever this disease is a super-venient symptom of the Scurvy, let all sharp and elastic things be avoided, and only the more temperate be given, endued with a nitrous vitriolic, or volatile salt. The nitrous is predominant in the crystal mineral, some juices of herbs, decoctions, and in some of the purging waters. Cucumbers being endowed with a nitrous virtue, are found by experience, to be good against the Leprosy; therefore, in the room of other sallad, let them be eaten plentifully. Moreover, let three or four of them be cut in pieces, and infused in 3 or 4 pints of spring water, for a

skin; which is wrong, and, I believe, is the grand rock which so many practitioners have split on for several ages past; myself falling at first into the like error. A person came to me some years ago, that had a few spots of the Leprosy kind on his body; he desired me to give him something to cure the malady, and what would sweat it out of his blood; accordingly I gave him a powerful medicine, combined with ingredients to throw the matter out: it succeeded indeed, to his mortification, and a conviction of my error; for he had the Leprosy but a little before to appearance, but now it appeared even to his fingers ends, that he was ashamed to be seen, which obliged me to desist from that misjudged practice. This shews the general mistake, for the blood was foul, and forced through the pores in this putrid state.

Hot Baths are often made use of under the same intention, which is wrong, and only leave the blood thicker; several poor patients that have come to me for relief, say, they have been sweated at the Hospitals, but to no good effect, rather worse; therefore I lay down this rule as a sure maxim, that any mode or medicine that secretes too much, exceeding the bounds of  
nature,



night, close covered. To the clear liquor poured off, add, of sal prunella, two or three drams; the dose half a pint each day. For the same purpose also, decoctions of the leaves and fruit, made in spring water, much conduce. Some cathartic mineral waters, especially those of North-hall, if you make analysis of them by evaporation, do manifestly shew the nitrous salt, wherewith they are impregnated: and I have often found that the constant drinking of about four pints a day, for a pretty while together, has done service in a milder species. But such as are endowed with a vitriolic, as the spaw, do far

nature, is prejudicial in these scorbutic disorders; and it is on this foundation I have prepared my Drops, after having made about 300 trials of different medicines and patients, being thoroughly convinced the body is too fine a machine ever to be forced to expel the morbid matter in gouty leprous scrophulous cases, by rough methods; and therefore I have endeavoured to compose a universal efficacious elegant medicine, that first assists nature to perform her functions duly, either by strengthening the stomach, so that the aliment may be well digested; or, secondly, that the blood may sufficiently assimilate the chyle received into the mass, or the solids; so as to enable them the better to change the juices designed for their nutrition and growth in their proper substance; and, 3dly, whatever preserves the secretory vessels, and the emunctories in such a state, that the excrementitious parts of the whole system may be carried off in due time and order; and therefore all purging, heating sweating medicines, are prejudicial in these complaints, as they only cast down the powers of the bowels, and in the mean time doth not eradicate the disorder.

exceed the nitrous, or indeed most other medicines in this case. To such as have not opportunity of taking them at the fountain head, I give common water saturated with our steel, and exactly resembling the spaw waters, with good success; because of the mineral salts, or at least some mercurial particles in them.

Tin and antimony have their praises also given them by some, who prescribe them together with other medicines. The raspings of tin, and the powder of antimony may be infused in beer for ordinary drink, or they may be put in a decoction of farfa, and some of the other woods, for this purpose. Dr. Willis next recommends the use of the viper for the cure of the running scab and leprosy; and the reason is, the help it affords ought to be ascribed to the volatile salt, with a great plenty of which this animal is endowed; for the particles of this destroy the fixt and acid salts predominating in the blood of the diseased, and dissolve their combinations; nevertheless the salt spirit and oil of vipers chymically extracted by reason of their empyreumatic and mighty particles which they draw from the fire, are not proper in this disease; so neither the spirit of volatile salt of hartshorn, foot, or blood, and other such like aromatics,



aromaticks, because, by exagitating the blood and humours above measure, they cause their crasis to be more dissolved, and their corruptions to be driven more plentifully to the skin; therefore the more simple preparations of vipers, as broths of their flesh boiled in water, drinks impregnated with infusions of the same, and powders dried, are prescribed with more success against this disease; and likewise oviparous snakes boiled, and eaten for ordinary food, give often great relief\*.

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\* I cannot help making a remark here, and express my surprize, that Dr. Willis should so strenuously recommend vipers for the cure of this disorder, and never make any trial of the experiment in a case or two which he has left on record, and where no expence was spared, which I shall presently relate. Beyond all doubt he had read Galen's two great cures of the Leprosy, each by a single viper. Viz.

Some people being in a field making of hay, had set their jug down, when coming to drink, perceived a viper had got in and was drowned; imagining it was death to whoever tasted it, out of compassion they gave the wine to a leper; thinking, as his life must be a burden, it would ease him; but, to the astonishment of the whole company, the person recovered.

The other story is of a leper going to the baths for help, and slighted by a courtesan, he was desperately in love with: she attempted to poison him, by giving him wine in which a viper had been drowned; but, as in the former case, what was intended for his death, proved the means of restoring health.—These two stories deserves but little credit.

And another case mentioned by Poterius, who saith, they must be used a considerable time before any benefit will accrue to the diseased; yet this Poterius, whilst he is decrying their virtues,

A very necessary caution it is in this malady, to enquire whether or no it may not take its rise from some latent venereal taint impressed upon the blood. If so, as in the case of the scurvy, anti-scorbutic remedies have the chief place; so here anti-venereals such as mercury, are principally required; by this method I have soon, and easily cured many persons accounted to have the Leprosy (who had been long under cure, and miserably tormented with remedies for the scurvy) by making use of mercurial medicines, as in a venereal case.

The second curatory indication respects external application, or topical remedies, to remove the scurvy eruptions; among which

virtues, and disputing the authority of Galen, gives a remarkable example of a cure wrought by them upon a reverend father of the order of Dominicans of Lombardy, who was overrun with a foul leprous scab on his body, five or six years standing; after having taken a great number of medicines from different hands to no effect, he was cured by consuming one hundred and fifty vipers in one summer: he used to eat them boiled, and drink the broth, upon which his old skin casting off, a new one succeeded, and he who a little before appeared an old man, was now grown young again and stronger than before.

Many physicians have prescribed them, and I have done it too, but never had the least encouragement to continue them; so that I think they are most justly laid aside by the faculty. When a viper is skinned, it is a mere skeleton; and as to the salt it would be a hard matter to find it genuine; not that there is any thing to be depended on it.

baths



baths and liniments are chief, which yet, unless the efficient cause, i. e. the tartarous disposition of the blood be first purged out; do seldom or never any good of themselves: among these both baths and liniments made of tar are by far the best, only they smell strong. The liniments whose use are safe and proper, are of three degrees, viz. gentle, moderate, and more strong: the first consists of oil of tartar per deliquium, oil of bitter almonds; the second tar and ointment of roses. But the most effectual are mercurial ones, viz. Take white precipitate of mercury, three drams; ointment of roses, three ounces, mix for use.

### C A S E I. from Dr. WILLIS.

A virgin of a noble family, whose temperament was hot, as having originally a sharp and salt blood, after having lived a very long time, almost from her cradle, somewhat touch'd with a running scab; about the time of her coming to ripeness of years began to be troubled with it in a more grievous manner; for clusters of scaly pushes did not only every where over-run her arms and thighs, and other parts of the body out of sight, but likewise made her hands and face so loathsome that she was ashamed to go abroad,  
and

and converse with others of her quality. An infinite number of the before-mentioned remedies were given without success. By the use of hot baths she seemed to grow better at first, but in the end she became worse after them. The waters of Astrope Wells\*; which have perfectly cured some persons of a running scab, did her little or no good: despairing of ordinary methods, I proposed salivation, as being a more powerful remedy. The patient and parents readily agreed, and her body was prepared by purging and bleeding. I salivated her by giving of pills, and a mercurial ointment, which went on well and freely; for a month before this course was ended all the breakings forth were vanished; to perfect the cure, and extirpate the mercury, she spent another month in purging, sweating under a cradle, and in a diet-drink of a decoction of sassa and china, &c. at which time she seemed perfectly cured, to the great joy of all parties, and continued so for forty days; but from that time, although she observed an exact form of diet, the same disease began to spring forth afresh, and increased by degrees to as bad a state as before. I being in some confusion at this event,

\* Astrope Wells, lately become a fashionable place for the gentry.



persuaded her to hope an alteration for the better after the flowing of her menses, which having not yet happened was expected in a short time. After long expectation, that excretion at length happening, and thenceforward continuing its constant course, brought no relief to that disease, but rather made it worse; wherefore she had recourse again to physic, and tried remedies almost of all kinds: which proving all to no effect, her friends earnestly desired that she should enter again the course of salivation, hoping that method which cured her at first for a short time, being used again, would cure her at least for a longer, or happily restore her to perfect health. According to their desire, the same course of salivation and sweating was repeated for two months space, and thereby the scaly eruptions being every where vanished, the noble virgin seemed again to have recovered her health; but within six weeks after the course was finished, the pushes and their clusters appeared again, and daily increasing in number and bulk, at length rendered the body all over in a more loathsome condition than before.

### C A S E II. from WILLIS.

I knew a man of a robust, and athletick habit of body, who, after he had been troubled

bled with a running scab many years, the disease at length growing worse, and being risen to an over-grown state, had his whole body covered over with a white, and, as it were, a leprous scurf; so that every night the scales falling off in great plenty within the bed like bran, might be gathered up in heaps. This person first tried ordinary methods almost of all kinds without any benefit, and then underwent a gentle salivation of mercury, but found himself nothing better. Afterwards that method being repeated, after a long and high flux, he seemed restored to his health; but within three months the same disease springing forth afresh, rose in a short time to its ancient enormous state; nay, and having undergone this irksome kind of cure a third time, that disease which seemed for a while to be driven away, returned again, and thenceforward in despite of this and any other method whatsoever, exercised its tyranny during the life of the patient. So far Willis, who had laid excellent rules down, and given prescriptions with great judgment: but I do not find he met with any great success: he was a physician of the first rank, and lived about a century ago.



*Observations and Cases of Wiseman, an eminent Surgeon in King Charles II. Reign.*

WISEMAN, in his book of Chirurgery, Chap. 25, Vol. I. says, that the *Lepra* and *Elephantiasis*, has so many acceptations in writers, that it is fit to distinguish them in the first place. I shall therefore understand by Leprosy, the highest degree of the itch, where the scabs grow dry and break out in the form of white scales, sticking hard to one another, not easily pulled off, but if they are, they leave the place red, and soon return again. The Leprosy of the Arabians, was quite another disease, which by the Greeks is called an *Elephantiasis*, and is nothing else but an universal cancer of the whole body, black, and indeed a most miserable disease, but I think scarce known in England. The disease I purpose to give you an instance of is the Leprosy of the Greeks, supposed to be by Celsus, his *impetigo*, and by others, *plora*; the white scurf proceeding from a vicious salt in the blood, that doth diminish the serum of it, which when the skin should separate by a just transpiration, instead thereof it converts it into a dry, salt, itching, white scab, very troublesome to the patient, and difficult

difficult of cure. The immediate cause of this disease is, as I have said, a vicious salt in the serum; other authors will have it to be generated in a mixture of atrabilis, to be of a more gross matter, and to arise from evil diet, a dry intemperies of the skin, a suppression of the hæmorrhoids, or menses; also from a quartan fever, and to proceed by the way of infection, as scabs do, it being an excess thereof; if salt humours abound, it is difficult of cure. The cure of this disease consists in the prosecution of the same method with that of the scab; only this, as it exceeds that, requires to be treated more strictly, and with medicaments more powerful: I shall not trouble you with particularizing them, but refer you to the following cases.

### C A S E I.

A young woman about twenty years of age, had been long afflicted with a species of Leprosy upon her left brow; many endeavours had been used by prescriptions, internal and external, viz. frequent bleedings, application of leeches; the disease increasing, I was consulted, and advised her to purge once in four days, with mercurius dulcis and diagrydium: and the intermitting days to take bezoar mineral; and to drink for her ordinary



nary drink a decoction of saffraſas and maſtick, with ſome of the alterative plants preſcribed in the method of cure: the part affected we fomented daily with a fomentation, propoſed at firſt, and after the ſcabs and ſcurf were removed, it was anointed with ſome ointment of vigos. I began this cure in winter, ſoon after Chriſtmas, and cured her before the ſpring; yet adviſed the continuance of the internals, purging her weekly, and when the weather ſhould grow ſeaſonable, bathing in freſh water, temperately warm. I ſaw her half a year after, perfectly cured.

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## C A S E II.

A maid, about thirty years of age, having been a long time diſeaſed with an impetigo, or ſpecies of the Leproſy of the Greeks, in her arms, legs, and thighs, came commended to my care; it began with a ſerpigo, making many round ſpots, ſuch as are generally called ring-worms, with extreme itching; which, by frequent ſcratching, heated and mattered, and afterwards ſcabbed, and in progreſs overſpread her limbs with a white dry ſcurf, under which the ſerpiginous circles lay covered. She had paſſed through the milder remedies, without ſucceſs frequently; upon which account I deſigned mercurials, and

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beginning

beginning with bleeding, afterwards purged her with a decoction of dodder of thyme. After the second dose, I gave her a dose of calomel over night, and purged it off in the morning with the said apozeme; during which I caused her limbs to be bathed and rubbed often with the decoction to that purpose, that the scurf might be moistened and brought off; then it was anointed with an ointment made of different ingredients. After I had thus evacuated the plethora, and disposed her body for mercurials more operative, I gave her each morning and evening a few grains of diaphoretic mercury in a bolus, with a conserve of wood sorrel and mithridate, disposing her thereby to a breathing sweat, and caused her limbs to be daily anointed with ointment of elecampane with mercury. These medicines proving unsuccessful, and her mouth not growing sore, I caused her limbs to be anointed with Sir Alexander Frazer's unction, prescribed in the *lues venerea*, and vomited her with turbith mineral once in four or five days; by this course she emaciated, and her skin became clean of the impetigo, but she did not salivate: I concluded her course of physic with bathing and sweating with diaphoreticks, purging her between whiles for the space of a fortnight, and dismissed her with



with advice to drink a decoction of dock root and fumitory tops; about two months after she shewed herself to me cured, and well complexioned.

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### C A S E III.

A maid about fourteen years of age, of a fallow complexion, and lean dry body, having been diseased from her infancy, with a white dry scab from the crown of her head to her feet; her skin of a moorish tanned colour; after taking divers remedies without success, was at last put into my hands for cure.

I purged her with a draught of dodder of thyme, and the day after let her blood, about eight ounces, or more: she bore it well, and the blood was of a good colour and consistence; the day after, I purged her with some of the same decoction, with the addition of the syrup of the purging apple, and caused her to drink, for her ordinary drink, a medicated ale, and which served to make posset: those days she purged, then I prepared a bath, wherein had been boiled the leaves and roots of marsh-mallows, dock-root, elecampane, biyony leaves, and scabious, marjoram, fumitory, sope-wort, bay-berries, and juniper; seeds of flaves acre,

mustard seed, allum, sulphur, Hungarian vitriol, and a bag of wheat bran to sit upon. I prescribed her likewise the mixture above-mentioned made into a ball, with common soap for her to rub herself with while she was in the bath: she had also a pearl julep ready to take upon occasion. After she had thus bathed according to her strength half or three quarters of an hour, she was wrapt in a warm sheet, put into bed, and took a morsel of a cordial bolus made of Venice treacle, conserve of borragé, wood sorrel, bezoar, crabs eyes, troches of viper, made up with syrup of citron peel, upon which she sweat an hour or more; then dried, and anointed with one of the ointments, a waistcoat was put on, and she arose, and was dressed: her diet was good nourishment, and easy digestion; such as has been already proposed as mutton, veal, pullets, &c. I continued this method of bathing some while, and purged her with calomel every third day at night, and a draught of the decoction of dodder of thyme. Her head was full of white dry scabs, for which reason her hair was clipped close off, and her head bathed with a ley, wherein had been boiled some of the same materials which were ordered for the bath, and then anointed with burnt butter, foot, and  
salt,



salt, each equal parts: in the time of bathing, I caused her head to be rubbed with common soap, and bathed, to loosen the scurf and dry scales. Sometimes during her bathing, I rubbed some of the largest scales, and such as stuck firmest, with a caustic stone, which did not only hasten their fall off, but scoured the skin notably well. Where the bigger scabs separated, there remained for the most part an ugly discolouring of the place, and little excrescences I rubbed off with the caustic stone; and where there was occasion, I dressed the parts with ointment of tutiæ or lytharidge; yet, notwithstanding, the disease rose in one part, as it dried in others; upon which consideration, I vomited her with a few grains of turbeth mineral, and repeating it twice or thrice, intermitting a day or two between: her chaps swelled, upon which I forbore the use of the bath, and kept her warm, then salivated her seventeen or eighteen days, in which time her scurf fell off quite, and her skin became clean. I then purged her with a bitter potion of Sir Alexander's, and ordered her a decoction of the drink of sarsaparilla, and China root, with some of the steptick plant; I sweat her for some days, purging her once in three or four days; then bathed her in warm water, washing her body with

balls of wheat-bran and soap, for some few days: thus we concluded the course, she being to all appearance perfectly well, and her complexion fresh. She should then have returned into the country, but that I desired she might stay the spring of the year for a further trial of her cure, it being then February; she did stay, and in April the disease began to appear in her right arm, and rise scattering about her body; which increasing, I let her blood again, purged her with whey and manna, and bathed her in warm water, wherein I put a solution of sublimate, designing that way to flux her; but it not rising to my mind, I anointed her legs and arms with Sir Alexander's Neapolitan ointment, by which I salivated her near thirty days, in which time the scabs fell off again. As the salivation declined, I put her into a decoction of sarsaparilla, to drink daily as formerly, sweat her, and purged her; and now having finished the course with bathing, as I had done before, delivered her once more cured. Her friends seeing her thus recovered, put her to school, to give her that education which her diseased body had hindered her so long from. She is since married, and, as I have been lately informed, continues well, yet not quite



quite so free from that disease, but that she sometimes has little marks of it.

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*Observations by* HOFFMAN.

**T**HE method of cure \*, which Hoffman recommends, is, to endeavour by bleeding and abstinence, by purges gentle and strong, to drive out of the body the corrupt, glutinous, and acrid humours, and by a good regimen promote the generation of wholesome juices; and likewise by external deterfive, consolidating and drying remedies, to free the parts from pains; tumours, itching, and ulcers. The purges he recommended were extracts of black hellebore, resin of jallap, elaterium mixed with calomel, or *Æthiop's* mineral, and gum ammoniac: among those things which stimulate the solid parts to an excretory motion, and melt down more powerfully the tenacious humours, are the wood and bark of guiacum wood. The most considerable besides these, are the tartarized and acrid tincture of antimony, sulphur of antimony, cinabar; and, if a venereal taint is suspected,

\* In the history of these cures, faithfully related by persons of skill and veracity, we may see what trouble and uneasiness these disorders gave to all parties, how difficult to cure, and how different the means made use of in those ages and the present.

a decoction of crude antimony: which medicines, in a convenient dose in the morning, with purifying decoctions drank in bed, afford very great relief; but if these fail, recourse must be had to mercury, which some, after extinction, mix with flowers of sulphur and camphire, and rub it on the joints, to promote a salivation: others more properly give mercurius dulcis, with double the quantity of crabs eyes, and calx of antimony, rising gradually from three or four grains to a scruple, (twenty grains) in order to salivate with the usual precaution; the cure may also be performed with alterative and diaphoretick preparations of mercury, such as mercurius solaris and jovialis, of which a few grains may be given every morning in conserve of roses for some weeks, drinking in bed after it, a pint of decoction suitable to the disease; which ever method was taken of these to cure, required a temperate air, a spare thin diet, and care not to catch cold.

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*Observations by* TURNER.

TURNER, an eminent surgeon, describes the Leprosy as breaking out first in the elbows and knees, and soon spreads itself till it shews all over the body. He gives



us an account of a cure he performed on a maiden gentlewoman, who was many years afflicted with a milder species of this disease; but who, notwithstanding, was incommoded with several of the branny scales, or white eruptions, upon her brows, neck, and joints, as well knees as elbows, giving her great disturbance at some times by their itching, and uneasiness of mind from the blemish, more particularly to the face. Turner tried other things first, but they not agreeing with her constitution, he desisted; likewise the viper at first was given in a bolus, afterwards they were dressed, and eat as eels. Having thus regaled on forty vipers to little advantage, she returned to him again; on which he prescribed the following medicines, viz. Take conserve of the flowers of mallow, one ounce; Ethiop's mineral, half an ounce; crude antimony finely powdered, six drams; pectoral syrup sufficient to make an electuary: take the quantity of a large nutmeg morning and evening, drinking a gill of the following decoction, viz. Take of the root of sharp-pointed dock, dried, one ounce; sarsaparilla, shavings of knotty china root cut, each half an ounce, boil in simple lime-water; for two pounds, towards the end of boiling, add leaves of fumitory, scabious, of each half a handful; let  
it

it be strained through a sieve, and cleansed from the sediments, and add pectoral syrup, one ounce and a half, mix, to be taken likewise by itself at four in the afternoon: for outward application, take white ointment two drams; white mercury precipitate, one scruple, mix, make a liniment, make use of it going to bed; this may be scented with oil of lemon, a few drops; then take turpeth mineral unwashed, two drams; lime-water, four ounces; let it stand together, and now and then shaking the phial, dip the feather of a pen in this mixture, and wet the scabs only two or three times a day. Once a week, the humours may be carried downward with the following gentle purge: Take rhubarb, one dram; tamarinds, two drams; coriander seeds prepared, one dram; infuse them in simple alexisferial water, three ounces; strain through a cloth or sieve, and dissolve in best manna, one ounce, mix, make a potion; when the scabs are fallen off, use the following liniment to take off the marks, viz. Take simple ointment, two drams; sulphur precipitate, half a dram; flowers of bismuth, one scruple; make a liniment, with which let the parts be anointed.

Turner has left this doubt, whether the before-mentioned cure was first laid in the animal,



mal, viz. the viper's flesh subduing the strength of the disease, or in the mineral preparations finishing the same? I shall leave others to pass judgment, mine being for the latter, assisted by the vegetable; I mean, the decoction drank therewith.

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C A S E I. *from* TURNER.

A young man, who was attended with a leprous scurf from his infancy, his whole skin, (excepting his hands and face) representing exactly the scales of some sort of fish; their strata larger than the common spangle, and where they lay out of the way of rubbing, placed in exact ranges, like the slate or tiling on the tops of houses. I shall not give the prescriptions in full, because these were lost cases, though the medicines are very powerful ones. So bad was this young man's case, that Turner despaired of success, and was at a loss how to begin; but being overcome with importunity, he ordered bleeding, purging, a mercurial powder twice a week, every night a bolus, a small medicated ale for his constant drink; one morning in a week was set apart for sweating; he thus spent a month, and made some progress towards clearing his skin; then gave him pills night and morning, then went to a river in the evening,

evening, for an hour or two, (being summer) where with his flesh brush and lather, and soap made suitable to the occasion, he thoroughly scoured his hide, and came home much pleased with his expected cure. After some time his skin appeared much amended, and he who every morning could gather lately near a handful of branny scales, now very rarely found one in his bed: however, fearing the snake, he kept strictly to his alterative bolus, and mercurial purges. His diet-drink, of which he was tired, was changed for medicated whey, which he drank plentifully, till he thought he was quite well. About a month or six weeks after he had left off his medicine, this inveterate malady began afresh to bud, to his great grief; he was then salivated thirty days, came out perfectly clean of his distemper, and remained so for several months: before the spring was advanced, he took all necessary precaution by bleeding and purging, and a regular discipline, yet did the scurfy scab repullulate in several places, though not arriving to the degree it was at formerly. He ventured upon marriage, and has children, without any appearance of the father's distemper.



CASE II. *from* TURNER.

A young gentlewoman, of a comely and slender make, nineteen years of age, had some scattering eruptions on her face, which were a lesser species of the *Lepra Græcorum*; she had one on her brow the most conspicuous, covered with a white scab; which she picked off one morning, and found a new one by the next; she had two or three smaller upon other parts of her face, and some upon her neck: her knees and elbows had large white shining scabs, the rest of her body was free. This young lady had been lately under a six months course of medicine by a bold practitioner: she had bathed, anointed, and strictly dieted, to no purpose: after some consultation, it was agreed to salivate her, and a very careful nurse was employed to look after her; but after many endeavours I could not raise a plentiful salivation. She was then carefully sweated, and purged again at proper distances: I then kept her strictly to the sarsaparilla decoction, giving her therewith each morning ten grains of vitriolic tartar, with one scruple of salt of tartar, &c. Before she went to Bath, notwithstanding all we had done, the impetigo

arose

arose afresh upon her brow, on which account I directed the following liniment, viz: Take ointment of the flowers of oranges, one ounce; white precipitate of mercury, a dram and a half; camphire, half a dram; white vitriol burnt, one scruple; mix. With this she anointed going to rest, and the next morning washed the parts with a ley as strong as she could bear, which kept the pustules under, so that she was not much incommoded.

The warm weather approaching, she changed her diet-drink for whey, wherein were infused the roots of sharp-pointed dock and fumitory, and took an electuary prescribed. She then went to Bath: the first month gave hopes; but, to conclude, after staying there, and making use of many things from others, the distemper still kept budding and manifesting its perverse nature, though not to the same height as formerly. Turner says, he could mention a third person who was twice salivated, once by calomel, and then by unction, with no better success.

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#### A CASE *from* Sir THEODORE MAYERN.

A young lady, fourteen years of age, much infected with a scaly disease on her skin, for  
which



which she was purged, well sweated, bathed, electuaries given, diet-drinks to be continued the whole year; her diet was regulated: it was ordered to be cooling and moistening. shunning every thing sharp, salt, peppered, or otherwise spiced, or sweetened with much sugar or honey, and all strong drinks prohibited. What the issue of this case was, is left undetermined, only we find that great hopes were placed in her growing better, when she came to enjoy the usual benefit of her menstrual purgation.

RUSSEL made use of the following method to cure a man of the Leprosy: he had a dry scaly Leprosy on his arms, and his whole body was beset with innumerable yellow, branny, leprous spots, which all but one in the arm were cured in two months. Take *Æthiop's* mineral, one ounce and a half; the best antimony levigated, half an ounce; scuttle-fish bone, three drams; millepedes prepared, two drams; conserve of rue, ten drams; syrup of violets, sufficient to make an electuary, of which take the quantity of a nutmeg twice in a day, drinking one pound of sea-water the first thing in the morning daily. A girl of thirteen had white branny spots all over her-body, and was cured within two months by the following things, viz. Take calomel,

fix

fix grains ; camphor, one grain ; conserve of rue, sufficient to make a bolus, to be taken every sixth night, drinking the following purging draught the next morning : Take decoction of fenna, two ounces ; manna, three drams ; Glauber salts, two drams ; peony-water compound, two drams ; solutive syrup of roses, two drams ; mix, make a draught ; then take the flesh of vipers, one scruple ; camphor, one grain ; conserve of red roses sufficient to make a bolus, to be taken every night going to bed, drinking half a pound of sea-water the morning following, when you do not take the calomel bolus.

I shall give you two or three more receipts from two authors who cured the Leprosy. First, then, Joannes Wierus, set down the following method he took in curing the foul scab, or *lepra*, in a common person, sadly afflicted. Having bled him, he kept him to the following drink, to be taken daily, viz. Take root of polypody, one ounce, and half an ounce of sharp-pointed dock ; wild succory, with the roots and tops of hops, each a handful : scabious, speedwell, fumitory, each two handfuls ; the flowers of borage and bugloss, each half a handful ; liquorice shaved in bits, half an ounce ; raisins stoned, one ounce ; boil in fountain-water, four pints to two ; at the  
end



end of the decoction let there be mixt fenna purified, two ounces; dodder of thyme, one ounce; let them infuse one night, and when you have pressed the clear off, add syrup of the juice of fumitory, four ounces, make for your drink. After this has been continued some time, he directs the following bath to be made use of frequently, viz. Take scabious, speedwell, fumitory, soured sharp-pointed dock, wheat bran, each four handfuls; put them in a pot of boiling water for the bath. After this he was anointed with the following, viz. take the juice of scabious, speedwell, fumitory, sharp pointed dock, each two drams; round birthwort prepared, Roman vitriol, each two drams and a half; nitre, one dram; litharge of silver, two drams; allum, two scruples, sulphur, half an ounce; oil of bays, and hog's lard, each two ounces; the oil and fat boil with the juices to a proper consistence, then mix the rest of the ingredients, and make a liniment. To the arms and thighs were applied cupping-glasses, with scarification, and he was also forbid smoke-dried and salted meats, wines, cheese, shell-fish, new beer, all soured milk, and pickles of all sorts.

*Observations by HORSTIUS.*

**G**REGORY HORSTIUS says, that he cured a noble virgin, over-run with a dry scab, and itching of the whole body, casting off much scurf and scaly dequammations, accompanied with horrid clefts or rhagades, infomuch that it was under deliberation whether she should not be suppurated as a true leper, with the following liniment, viz. Take the roots of sharp-pointed dock, two ounces; elecampane, one ounce; boil in a sufficient quantity of vinegar, and after you have bruised the roots, squeeze out the juice; add oil of roses and violets, each half an ounce; litharge, one dram; sulphur, half a dram; fresh butter, one ounce; turpentine, half an ounce; with a little wax make a liniment. He likewise cured a young country lad of eighteen years of age, who had been a long time tormented with a moist and foul scab, viz. Take the roots of bryony, sharp-pointed dock, each four ounces; the herbs scabious, fumitory, lesser centaury, each four handfuls; the bark and root of black alder, two ounces; chamomile flowers, three handfuls; flower of sulphur, salt, each half a pound; cut and prepare these ingredients for the bath according to art. There are many ingredients that are prescribed in antient authors, that the present college of physicians have thought proper to exclude the dispensatory.



*Several remarkable Cases from different Authors.*

**I** Think of all cures that I have read, the following is remarkable, from an author named HEERS, who tells us of a red-haired cholerick young man coming to him, with his skin torn into deep clefts all over his body, insomuch that he had never seen the like in his life-time, of a leprous person. He had taken seven courses of a decoction of guaiacum, forty days at a course, upon which he fell into a confirmed leprosy, being burnt as it were with his hot potions. I prescribed him (says he) of chrystal mountain, pp. half a dram every morning, with the juice of herbs or fruits, drinking whey, with sal prunel dissolved therein. I then laid him on a bed of straw, deep under a mill, that he might receive upon his body the dropping of the cold water, heated neither by motion nor the sun; and when he had done this before supper for an hour and a half, several days, he grew sound and well.

SCULTETUS, who thought bad diet occasioned the Leprosy, has left us a memorable story (of its being got that way) scarce credible. A butcher of Ulm, he says, who travelling upon the road by chance lodged at an inn,

where the hostess (a reputed forcerefs) served him with the boiled flesh of a dead leper : upon eating which, his whole mass of blood was corrupted in a short space of time, breaking out into malignant pustules all over his head and surface of his whole body ; and hearing afterwards that his hostess, this wicked woman, was publickly burnt for other horrid crimes which she had committed, the melancholy man began to despair of cure.

BARTHOLINE relates, that he was informed by a Neapolitan physician, how prince Caraffa was fed with the flesh of asses on account of his Leprosy ; contrary to Ballonius, who saith the disease is thereby produced ; yet Hippocrates commends the same, and Pliny saith, it is good for consumptive people. There are many of these cases that have been mentioned as the Leprosy, which belong more properly to the *Elephantiasis*.

Dr. PLUMMER, professor of physic at Edinburgh, has invented a remedy composed of calomel, and golden sulphur of antimony, equal parts, which has succeeded in many bad cases †. A lady about thirty, of a slender make, and fine skin, was cured of the

† Several of the faculty have repeatedly tried Plummer's prescription, without success. Yet I think it is a good medicine, and worthy of notice.



Leprosy when salivation failed, by taking Plummer's pills, made of seven grains and a half of powder, with an extract given night and morning, with a draught of weak decoction of guaiacum ; they had no tendency either to vomit or purge ; in the space of four or five weeks her skin was quite clear.

A man who had a sudden eruption of red pimples on his face, after having long used evacuations and anti-scorbutics, and was at length salivated to no purpose, took the powder made into pills as above, drinking plentifully of whey at the same time, and was cured in two months, though there were some interruptions in the course ; a drying deterfive lotion was used towards the end. 'Tar, tho' a coarse remedy, has sometimes great effects in these cases used externally, as has been found by experience, prepared thus : Take simple ointment, four drams ; tar, two ounces ; mix together till they are smooth.

Thus have I stated various cases from different authors, to let you see in what manner those diseases have been treated, and how cured ; and as this book is designed not for the medical gentlemen altogether, but those who are so unhappily afflicted with the diseases, I have translated the prescription into English ; but I hope none will be too free with them, without

consulting their apothecary, as some of them, are of the dangerous class excepting the following, which some recommend in scorbutic complaints, called the scorbutic juices, to be taken in the spring as sweetners of the blood; they are very good; in a cold Scurvy they are best. Take the juice of garden scurvy-grafs, and of Seville oranges, each a pint and a half; the juice of brook lime, and of water cresses, each a pint; white sugar, ten ounces; after they are mixt let them stand a little, and strain or pour off the clear; this, with the addition of dandelion, and sal tartar, is the vegetable syrup, which is sold at a great price: if any person finds the sweet clogs the stomach, it is hurtful; it is sold for other bad complaints, but woe be to them who trust to it; a gill to be taken twice a day.

Several other authors have described the disease, viz. Etmuller, Hildanus, &c. with much the same description, but with regard to the cure, they cannot fix upon any medicines as specifics, but recommend general ones, such as were thought good for the disease.

HEURNIUS takes notice of one leprous person, after having tried a multitude of medicines in vain, at length recovered by eating freely



freely of cucumbers: cold nitrous\* medicines are often used in these disorders, but they require judgment.

Dr. WILLIS remarks, that he has known several not very itchy patients have gone to Bath, and there bathed in the hot water, and have returned quite leprous. I am sure hot baths alter the property of the body. One author, viz. Myzaldus, extols for a cure of the Leprosy the feeding on frogs; and Jacobus Devynetus, greatly magnifies the frequent use of the elm tree fresh prepared, by the constant drinking of which decoction, mixt with a little white wine, I saw, saith he, a young man, aged eighteen, recovered of a Leprosy, it occasioning such strong smells of stinking sweats, that those about him were scarce able to endure his company, whilst he voided also large quantities of a turbid and blackish urine.

The receipt to prepare the decoction of the elm bark is, Take the inner bark of the elm tree new gathered, four ounces; fountain water, three pounds; boil to one half; to the rubicund strained liquor, which will be like claret wine, add syrup of raspberries

\* I frequently recommend nitre, in powder, in ulcerated legs, and where the blood is very hot.

and fyrup of mulberries, each one ounce and a half. This medicine hath been peculiarly efficacious in three leprous cafes lately.

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### S E C T. III.

#### *Observations on Mercury.*

**T**HE frequent strong recommendation of Mercury in these cafes, by antient physicians, reminds me of the general objection some persons have against Mercury, affirming it to be poison, and to affect the nerves; and other idle stories, heightened by others, who to give their own preparations a gloss, alledge there is no mercury in their composition, when it is well known they make use of it themselves disguised. But how comes it to pass, that other medicines escape the general censure, which are poisons of a dangerous tendency, such as James's Powder, Huxham's wine of antimony, and other antimonial preparations, all strong poisons? What is cantharides a stronger poison than mercury, and its effects felt sooner? What is opium a poison? hemlock the same? and many other drastic purges? The truth is, these are only poisons in ignorant hands, or when given to excess; and in the same light

is



is brandy, rum, wine, or even our common viands; and Mercury has the advantage over some other mischievous drugs; for it may be so managed as to be either innocent or noxious, just as the practitioner pleases. In what light Mercury is held by modern practice, let the hospitals witness, or rather the number of patients, who are daily relieved by this wonderful mineral. Authors have been so sensible of its efficacy, that they strongly recommend its use in the gout, evil, leprosy, scorbutic blotches, &c. Speaking of the gout, Dr. Cheyne says, “Mercury is marked out, and singled by the appointment of the God of Nature, to attenuate, open, deterge, and dissolve.” Bellost files it, “the miracle of nature, and the greatest gift of God in the whole *materia medica*.” It would be endless to insert the encomiums given by many other physicians; and therefore I will conclude with a few remarks on Mercury, its nature, sensible qualities, and effects, from Doctor Cheyne.

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*Of MERCURY, its Nature, sensible Qualities  
and Effects.*

**M**ERCURY, judiciously managed, seems to me to be the only true panacea, and universal antidote, sought by wise, and  
boasted

boasted of by pyrotechnical enthusiasts. Mercury seems pointed out and impressed by the signature of the God of nature, for the cure, at least for the relief of intelligent creatures, made miserable by hereditary diseases, by natural appetites irregularly indulged, by ignorance, bad example, and frailty in the human kind, especially made so by high food, and spirituous liquors mostly. I will not run into the subtle and too refined qualities of this only secondary and true sensible fluid in all nature (which, though entertaining to philosophers, would be of little use in the practice of physic; our senses and sensations being so obtuse, as to be little hurt by indivisibles or minutenesses) but take those that are manifest and incontestible, which are, 1. Its gravity, which is at least fourteen times more than that of the other sensible fluid in nature, viz. water; from whence flows its momentum and force, in opening a way to itself in all animal tubes, where the resistance is less than its force, or where the aperture is naturally to be effected. 2. The rotundity of its component particles, which in all probability holds to its very last and least particle; for to the last invisible particle (when compress'd on a smooth polish'd glass) it continues still globular; and the less the particle is, the more perfect



perfect the spheres, so that its very least particles must on that account be perfect spherules, as is evident by fine microscopes. 3. The smoothness, and consequent softness of these particles on sensible animal substances, they having no points to tear animal fibres and tubes, and by their globosity touching them in a point only; and this is evident from its great reflective virtue, every the least globule being a perfect speculum. 4. Its readily answering, by this extreme smallness of its parts, the least impulse; for on the least compressure between smooth polish'd glasses, it readily flies into perfect spherules, innumerable and invisible, even to the finest glasses; so that the least heat or action puts it into motion, as is evident from its ascent in glass tubes, or in an alembic, not so readily indeed as water or air, (for that were supposing it to act contrary to the universal law of gravity) but by reason of this smallness of its particles, and its greater degree of attraction, more readily in proportion to its density and gravity than any other fluid. 5. Its greater degree of attractive force and adhesion to some bodies or particles of matter more than to others, as to gold, and salts of all kinds; which probably may arise from the smallness of their pores, which can only  
receive

receive and retain particles so small as those of mercury probably are. These are sensible, known and acknowledged properties peculiar to mercury, from whence all its great and salutary effects on animal bodies may be readily explain'd and render'd intelligible, without running into finenesses and subtleties, and these salutary effects are indeed great and many.

The great art required to make mercury the most useful, salutary and beneficial possible, in the several cases propos'd, is, 1. To divide it into the smallest particles possible, and then to unite it with some other medium, which may keep these particles separated, and at a distance from one another, so as not to be readily united again into larger globules or clusters, by which means it may be more easily introduc'd into the smallest fibres and capillary tubes, by the force and course of the circulation, to render them pervious, dissolve their obstructing slime, and carry it out of the habit by the common shore (the guts) or the emunctory, urinary or perspirative drains, which qualities make the proper and peculiar excellence of mercury above all other medicines. When it is given crude and in substance, or in its grosser preparations, i. e. without chymical fire; beyond all doubt



doubt (as we see daily by its sensible effects, and sometimes by its visible appearance in substance on the surface of the skin) some of its smallest parts, by their mobility, attractive force to one another, and ready ascent, pass through the whole habit, not only in the course of the circulation, but even through the sides of the tubes themselves, through the membranes and parenchymatous substances: but then this effect is not so soon, so readily and effectually produc'd in the crude substance, as in some of its preparations, where it is minutely divided, and its particles kept separated and at a distance from one another, to enter singly the small tubes. 2. To endeavour to make the medium of the division, this cover and shell of the particles, and the matter they are united with, as salutary and conducive to the intention of the cure as possible; or to mix the particles of the mercury with some vegetable or mineral substance, that has been found by experience specific in the distemper given.

## S E C T. IV.

*On the SCURVY.*

**T**HIS disease is very common at sea, and is a very different disorder from what is generally understood by persons who constantly reside on land. About eighty Authors have wrote on this malady; many of whom differ greatly in their opinion, concerning the rise, progress, and peculiar remedies; the most allow vegetables to be the grand specifics: hence it is that they are often misapplied in disorders of the skin, which are opposite to the true Scurvy. Concerning the nature of the Scurvy at sea and at land, many physicians affirm it to be the same, only differing in point of malignancy: but to enable the reader to form some judgment of the sea scurvy, I will add a short, but terrible description of this dreadful disease, so fatal to our sailors, unless they can get to land, and have fresh provisions and vegetables, which quickly restore them to their health.

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*A Description of the Sea Scurvy.*

It begins with unusual laziness, spontaneous weariness, heaviness of the body, difficul-



ty of breathing, rottenness of the gums, stinking breath, frequent bleeding at the nose, and at old wounds; sometimes the legs swell, and you can dent your fingers in the same as in a piece of dough; other times the legs fall away, and there comes out livid plumous yellow, or violet-colour'd spots; the colour of the face is generally pale and tawny, and the patient loves to be in a sitting or lying posture; there is a pain in all the muscles, as if he was over-tired, especially of the legs and loins; when he awakes in the morning, all his joints and muscles seem to be tired and bruised; the gums grow painful, hot and itching, frequently swell, and bleed upon the least pressure; the roots of the teeth become bare and loose, he feels pains in all the external and internal parts of the body, imitating distempers proper to the various parts; in the next state the gums grow putrid, with a cadaverous smell; when they are inflamed, blood distils from them, and a gangreen ensues; the loose teeth by degrees grow yellow, black, and rotten; some have a swelling of the ancles in the evening, which disappears in the morning; in a little time it advances gradually up the leg, and the whole member becomes œdematous; hurts, bruises, wounds healed up, and

and fractured parts always become scorbutic first; old ulcers will emit a thin foetid sanies, mixed with blood, and at length coagulated gore will lie on the surface of the sore like a cake; as the disease increases, they shoot out a soft bloody fungus, resembling bullocks liver, which will sometimes rise to a monstrous size in a night's time. Bad as this disease is, yet when once they can get to walk upon land, with a suitable diet and regimen, they are quickly cured of their complaints. Acid is a great specific for them, such as oranges and lemons, vinegar, cream of tartar, and plenty of greens, &c. which we see will go but a little way to cure those upon the land, who are troubled with scorbutic disorders. But as the sea Scurvy does not enter into my design, I shall here drop it, and treat of those disorders that are so frequent amongst us, and which we call the Land Scurvy.

The medicines that are proper for these cutaneous disorders at land, are by no means proper at sea, for those that have the real Scurvy. Witness the following story: A man at sea being put on shore to perish as it were, so bad that he could not stand, crawled along, and being very hungry, was glad to crop a green herb he found on the island, which



which herb quickly restored him to his health, to the surprize of all. Another writer, speaking of the Scurvy, says, It is worthy of observation, how suddenly, and how perfectly they recover of this distemper by eating greens, viz. coleworts, carrots, cabbages, turnips, &c. Men put on shore in the most pitiful condition that can be imagined, are able in three or four days, by means of this food, to walk several miles into the country. Now where will you meet with such quick cures in land cases? The two disorders, though widely different, are often blended together, and scurvy-grass, being a specific for the scurvy at sea, is often recommended for pimples, blotches, and other breakings out of the body, when nothing is so improper as such hot herbs where there are inflammations.

I am very sensible that the term scurvy given to eruptions on the skin, took its rise originally from those complaints not readily yielding to the skill of the practitioner, and which does not belong to the Scurvy. But as I mean only to write about these complaints, sufficiently troublesome, such as the Leprosy, Evil, Ulcers, &c. so frequently called and understood to be scorbutic, and endeavour to set them in a light that may be

of service to the afflicted, who are but little interested whether you stile them scorbutic, or disorders of the skin, provided you give them relief.

It is an opinion universally adopted by the inhabitants of this island, that all people are subject to the Scurvy, or have it more or less in their blood. The assertion is true in a measure, for in that one word Scurvy they comprehend all disorders arising from foulness of blood, and therefore it means no more than that man is subject to disease, decay, and death, and no medicine, or mode of living can ensure him a freedom from the one, or an exemption from the other: — for man is a most wonderful piece of mechanism, made up of several innumerable parts which constitute one body; and any of these parts being injured either by outward or inward accident, is sufficient to disorder the whole. And when we consider the digestive powers of the stomach, the circulation of the blood which runs through all the various minute parts of the body, and other astonishing offices Nature performs constantly, without any intermission, to support the fabrick, we shall not wonder at the many ills that we are liable to, but rather that we exist: for the human body is so  
formed



formed by Providence, that by reason of the continual wear of its component particles, and the force of external agents, it cannot always continue in the same state, whence numerous diseases have in all ages risen, and therefore all these eruptions of the skin termed scorbutic, (which according to the general idea includes the evil, leprosy, pimples, &c.) are only so many efforts of human nature, to throw off all humours that disturb and corrode, and would destroy the human body, and which humours arise from intemperance and inactivity, or are produced by a fermentation of the food, and other putrid juices, detained too long in the body, for want of powers to digest and discharge them, on account of their too large bulk, or unsuitable nature.

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## INDIGESTION.

*Indigestion and Inactivity proceeds from Intemperance, which is one great cause of the Scurvy,*

**I**N the first place, I consider the Scurvy proceeding from a redundancy of humours, (occasioned by indigestion and want of exercise) naturally impress'd on the skin by the laws of gravity. We all know, that

if there is a bafon with a number of fmall pipes, each fmallier than the other, depending on it, that according to the quantity of water more or lefs placed in this bafon, fo will the water be forced through thefe fmall tubes at a diftance, according to the preffure. And thus I reafon with the human body; for the ftomach is the grand refervoir, where, in the food is taken, and from thence is conveyed through all the different mæanders of the body, even to the fmallier capillary veffels; and fornte herif there is a great weight laid on the ftomach, it naturally preffes and forces the contained matter into the next fmall veffels, and they on the fmallier, and thus each tube or pipe ramifies each other proportionable to the weight of food taken in, confequently if a greater quantity of food is forced into the ftomach than it will bear, then are the coats of the ftomach ftretched, and not able to perform their digeftive\* powers; and in confequence

\* Digeflion is the difolution or feparation of the aliments into fuch minute parts as are fit to enter the lacteal veffels, and circulate with the mafs of blood; or it is the fimple breaking of the cohesion of all the little molecula which compofe the fubftances we feed upon. Now the principal agents employ'd in this action, are firft, the faliva, the juice of the glands in the ftomach, and the liquors we drink, whole chief property is to foften the aliments; as they are fluids which eafily enter the pores of moft bodies, and fwelling them, break their moft intimate cohefions.



quence of the food laying in this manner, occasions pain, inactivity, stupor, crudities, palsies, inflations, foetid breath, weak eyes, relaxations, head-aches, nervous complaints, fevers, and by pressing on the lungs straightens them, so that they have not room to vibrate. These are symptoms which almost every scorbutic or gouty patient complains of at one time or other, and are only the natural consequences which must be expected where persons intrude on the bounds prescribed by nature, and though the complaint may be small at first, yet each day's error added, soon brings on a natural imperfection or relaxation of the solids. The cutaneous absorbents have their mouths too much dilated, consequently receive too large and noxious particles, which obstructs them; the obstructed matter soon putrefies, and is conveyed in this more fluid state, which it has acquired by putrefaction into the blood, by the same absorbent vessels, which are a species of lymphatics. When this morbid matter is once conveyed into the blood and intimately mixed with it by circulation, then it acts as a sceptic ferment, and corrupts the whole mass of fluids; and after some time we may consider the whole body as in an advanced state of putrefaction. This putrid

disease, which is either scorbutic, gouty, rheumatic, serophulous, leprous, or evilish, for they are all different degrees of one and the same disease, is cured with more difficulty than other putrid diseases, because the original frame of the constitution is constantly promoting the disease, and is perpetually sending fresh matter to support it: at last it becomes universal, and is diversified according to the nature of such persons constitution, no one having the like number of particles corrupted, or no one having the exact degree of putrefaction as another; and whilst the blood is in such a state, it is fit to give birth to all scorbutic or gouty complaints; and as the disease advances, so the body becomes weaker and weaker, till it falls a prey, if not timely prevented by medicinal helps.

The Scurvy may proceed from other causes, as frights, surfeits and accidents, and in particular from inoculation of the small-pox—I am sorry to say it—but I have found too much reason to complain—and therefore persons who inoculate should take good heed from whom they take the matter to innoculate with, lest they ingraft other humours, as well as the small-pox, on the patient; (I am not singular in my observation) and these disorders often turn to something like



like the evil, and is difficult of cure. Surfeits is another cause:—People over-heating themselves in the summer, and drinking cold water; or frequently ladies when they have danced much, and going too hastily into the air or a cold place, or bathing the legs and feet in cold water at an improper season, bring on sudden eruptions on the skin, and if neglected will turn scorbutic; or by violent commotions of the mind, as anger, fear, grief, and sudden frights have a great effect on the body, and though they will not produce these disorders, yet if there be the least seeds, it will ripen and bring them forth. An instance:

A man who had a leprosy in France, of which he died, his wife gave it as her opinion, that he got it by a fright, because none of the family had ever any symptoms of it. She says her husband was out a fishing on the lake of Barra, during which time a great storm arose, and it was with difficulty that he got home: the repeated flashes of lightening enabled him to find his way thither: on his arrival it was a matter of fresh concern to him, to find that his brother was not returned, who had been fishing with him, but in another boat; he fancied that he had not been able to weather the

storm, and had been drowned. The thought whereof drove him to despair, and he remained a long time in this situation. As it was very late before his brother arrived, his wife observed the concern he was in, and had him blooded the next morning: a little time after this the symptoms appeared.

WILLIS and other physicians have blamed dried and salt meats, and particularly hog's flesh and fish, imagining they were the cause of the Leprosy and Scurvy; because the poor people in Cornwall, inhabiting near the sea coast, were formerly much subject to leprous diseases, and had many hospitals\* erected on that

\* In my late excursion to Cornwall, I remembered this remark of Dr. Willis, and therefore was very particular in examining the true state of the country, and of those hospitals he mentions.—In the first place, I found them as industrious, hospitable, healthful people as I should meet with in any other county, not particularly subject to these complaints. As to the hospitals, there were formerly two built, the one at Bodmin, and the other at Launceston, called Lazar-houses; that at Bodmin is converted into an alms-house for poor people; that at Launceston is gone quite to decay.—I find about the tenth or twelfth century there were a great number of hospitals in this kingdom, called Lazar-houses; which I presume was a general name for all poor-houses, and not particularly for those subject to the Leprosy. That the poor in the country, who eat bacon, are not any way troubled with scorbutic complaints, I do not wonder at; for, in the first place, bacon is hearty food. 2dly, They can't afford much, consequently eat not to excess. 3dly, Their exercise is great, and in general their mode of life regular---seldom troubled with



that account; and this may be the case at sea, where people are pent up so close, and obliged to live so long on it; but if such provision moderately used at land were the cause, then we should find great numbers of the farmers who eat a great quantity of bacon and hung beef, have this disorder more frequently than what we do; and if the cause lies in the provision, how comes it to pass that those who religiously as it were, abstain from these meats, have eruptions. Am I an advocate for these meats then? I answer no; not to be eaten indiscriminately, but as we find they will agree with our constitutions, which we shall easily know by their digestion. As to pork, if bad fed, or old, I think nothing is worse, and ought to be shunned as poison. It is a common notion that gravy that runs from the meat is hurtful to children; now in my opinion nothing is better, provided it be not salt or too high seasoned, given in moderation; for by its fluidity

with the gout or scurvy. Colds, fevers, or outward accidents, is what they generally have to combat with; and why those who abstain from this food, and live on other light food, are troubled with scorbutic blotches, is they feed to excess, or what is is often worse, blend different sorts together at one meal. And thus if food be light of digestion, and yet taken too much of, it will create all those ills I have mentioned. It is the excess that renders innocent things hurtful.

ity it is already concocted, and will make good chyle: butter I would be sparing of, no matter how little. As to dairy fed pork, I have never denied my patients from tasting, or a thin slice of beef moderately corned, where their case has not been bad, because it is not the quality so much as the quantity that I have found to be hurtful.

TURNER thought that bad food or beverage was the cause, and as a proof says, that one of the worst species of the leprosy he ever saw was a countryman who came to him for advice, but he died soon after of the small-pox: This person with about a score more, fell ill after drinking some ropy and ill-brewed beer, which cost the greater part of them their lives, and those that survived in a few months grew perfectly leprous.

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#### *General Observations on the* LEPROSY.

THE symptoms of a Leprosy, which both sexes are liable to, first begins according to my observations, on the legs and arms, and particularly on the knees and elbows, and on the small of the leg up the calf, with little bright round red spots, not so big as flea bites, with no irritation; that they are not minded till they assume their proper shape,



shape, which they soon do, by turning into a white scurf which dries and is easily peeled off, but is quickly succeeded by another scab, and from its small size it encreases, and will spread itself to various dimensions over the whole body, till one blotch joins another, and the whole body becomes a spectacle; these leprous spots are not exactly round, though they are roundish at first, but as the malady gets worse, their form differs; when these spots upon the different parts of the body are very troublesome, they will itch, and upon moving the scurf, which easily gives way, and is very light, thin, and white, and something like the scale of a fish finely wove one to another: Leviticus, chap. 13 and 14\* mentions the rising scab, and a bright spot, and to which I refer the reader. If you pinch these spots hard, you'll see thin watery blood come through the pores, or if these places are gently pressed with the finger,

\* The leprosy of the Jews referred to was a most severe disease; it had its origin in Egypt, and was from thence propagated in Syria and other nations: Rules are here laid down for distinguishing between the plague of the leprosy, and diseases which resemble it in some particulars, and as some of the symptoms attending it are of a very extraordinary nature, particularly its infecting houses or garments. this has induced several writers to imagine, that the leprosy here mentioned was a miraculous judgment, and proceeded not from natural causes,

ger, it shews a white spot, and immediately again grows red; after you have taken the scurf off, these raw moist spots will be again covered with the same white crust in a short space of time; (they will be cool to the touch of the finger, tho' they may seem hot to the patient) which is continually going and coming to the great mortification of the sufferer: the crown of the head will have very hard scurf, or scabs sticking on, not easily removed; it will be very hot and inflamed, owing to the salt humour that is predominant, and when the scab is moved, the spots will run with matter in a great quantity at times, and sometimes smell strongly; and tho' the head when shaved, will appear to a by-stander very sore and painful, yet to the patient it is quite the reverse, for the operation is oftener a pleasure.

In regard of the leprosy, the spots do not begin at one place and so spread on, but the  
spots

causes, and others are of a contrary opinion, averring that it may be very well accounted for without having recourse to a miracle; one thing is certain, that what is now called the Leprosy is very different from what was signified by that name in former times, for it now affects only the surface of the body, producing a kind of scurf or scales on the skin, but it was quite otherwise according to the descriptions given of it by ancient writers both Greek and Roman, as Galen, Pliny, &c.



are scattered here and there; but mostly worst from the elbows towards the wrists, and from the knees downwards; and by its spreading its surface, frequently one blotch joins another.

Some have the leprosy of a mild sort, they have various spots upon different parts, covered over with a white scurf which falls off easily like dry bran, and then comes again; when you wash over them they look red, they seldom itch, if they do, it is a sure sign they are getting worse. I have taken notice that the weather affects greatly, and particularly cold weather, for in general they are better in summer than winter; and likewise at the full of the moon, especially if the person is of a melancholy cast; and when one's patient seems cold and chilly, yet their blood is hot and itches violently, especially when they undress themselves at night. The patients appetite is sometimes very good, and at other times is reverse.

It is a happiness that I never found these disorders infectious, though they border so very near in resemblance to the itch, even when people bed together; nor am I satisfied that it does descend from father to son, because every one has power to check it, if not quite cure it; and we have daily opportunity

tunity of seeing these disorders totally eradicated; for these scorbutic complaints are fixt out of eight owing to second causes, brought on us by ourselves, either through accident, or by our own folly. To point out fully the various appearances it assumes in different persons, seldom acting on two persons exactly alike, will be found very difficult; its progress and effects are irregular and various, its symptoms numerous and inconstant, and very often blended with other diseases, and is not to be described by any infallible exclusive criterion, yet there are symptoms more general than the rest, which, by their frequent occurring, are known to be evident marks of the progress and effects of this complicated disorder, viz. some people are troubled with great oppression, pain in the stomach and bowels, accompanied with nauseous sourness, a foetid breath, a great lassitude of the body, head-ach attended with heaviness and stupor, particularly if the weather be dull: wandering pains, chiefly by night, with bad rest, attended with weakness in the knees, and sometimes a cracking in the joints is heard, ulcers break out in various parts, but mostly on the legs, which after swell; unsightly coloured spots and pimples here and there dispersed over the body and  
face



face with eruptions, sometimes moist, sometimes dry and scurvy, like unto the leprosy, which itch very much; the gums will bleed upon a slight pressure, the eyes weak, and when the nervous system is affected, the patient will possess alternately, an extraordinary flow of spirits, and a violent depression of the mind, which brings on an utter aversion to all action, and very often the gout and rheumatism are owing to scorbutic humours pent up, for people who are troubled with scorbutic complaints outwardly, seldom have the gout or rheumatism. Such are the symptoms, such the terrible effects of the Scurvy and Leprosy, which often prey on the human body.

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*General Remarks and Observations.*

**Y**OUNG people are frequently troubled with a scorbutic complaint on their arms, shoulders, and other parts of the body, attended with great heat, itching, and sometimes with a dryness and roughness of the skin like that of a goose, and being scratched, their oozes out blood, or other matter, as humours abound, which is succeeded by a number of small scabs. The irritation is chiefly at night, going to bed, and

and when warm the itching seizes. If this disorder is not remedied, it will turn to the Leprosy, when persons arrive to mature age. In these cases purging physic is hurtful—bathing in water, fresh or salt, is of present service; the salt is the best; though neither of them will eradicate the complaint.

There are some of these complaints resemble the common itch so much, that often misleads the patients to their great prejudice. For the itch proceeds from little animalculæ found between the fingers, where these disorders seldom appear. Ointments are absolutely necessary for the itch, but are extremely hurtful in scorbutic complaints, as they repel, stop up the pores of the skin, and hinder perspiration. Disorders that come by outward accidents, are to be cured by external applications, and those proceeding from inward complaints by internal remedies, which purify the blood, and expel the putrid humours. When the itching is troublesome, the patients enjoy a better state of health, and the scurf does not breed so fast.

The older people grow the more liable to these complaints, because nature is more worn, so that these complaints will often gender into the gout, or a contraction of the limbs.



Young children are very subject to breaking out in scurfy eruptions on the head, arms, face, and other parts of the body, which often frightens the parent, who is apt to think the child has caught something bad, perhaps of the maid, who is often accused wrongfully; and medicines improperly applied, strike the humours in, and occasion fits. My drops have been very successfully given in these tender cases, proportionable to their age, and keeping them clean and dry, removing them if convenient to a wholesome air, and washing them with rosemary water warm, observing the directions in the bill, they soon recover. The rickets have often followed these complaints.

Ulcerated Legs. It is astonishing to think how many persons are afflicted with sore, ulcerated legs, of several years standing; in some the flesh is blackish, some discharging a foul matter, others white and scurfy, sometimes itching, and much inflamed; these they have endeavoured to cure with ointments and purging physic; but, alas! how vain. I think of all the patients afflicted with large ulcers on his thighs and arms, one John Palmer, a shoemaker, at Mr. Monk's, tobacconist, in Grafton-street, Newport Market, London, was the worst. He was brought to me in a

G

coach,

coach, had been afflicted ten years, and had been in an hospital several without relief. I gave him four 5s. bottles in one; when he had taken this he was able to walk; after taking the second bottle he was able to work, and in about nine months all the places were healed, excepting a small one on his thigh. In some of the sores you might have laid a pullet's egg. He could not button his breeches over the knee on the side afflicted, but wrapt it over, and from a very stout man, was quite emaciated.—No outward applications used, nor no decoctions; many others have I thus wonderfully relieved. Woollen is too heating for legs when bad.

The Rheumatism is another common complaint by persons who are subject to the scurvy, and are wonderfully relieved by this medicine. The patients generally complain greatly of pains, swellings, and eruptions, and sometimes are scarcely able to walk. Recent rheumatic pains frequently arise from catching cold, and are followed by pain, and almost the disuse of the limbs. The following method seldom fails to relieve: Rub well the part affected with Balsam Anodyne, keeping the part warm, and take two teaspoonfuls of Elixir Paregoric in a glass of wine,



wine, or wine and water, or any other agreeable liquor, going to bed.

The Scrophula, or Evil, is a very bad complaint, obstinate in cure, and often perplexes the physician. It chiefly affects the glands in the neck, arm-pits, and groin, especially in children. I have one particular patient now under hand very bad with this complaint, and who has received the benefit of several charitable foundations in vain, being deemed incurable, viz. John Woodman, ten years old, son of Mr. Woodman, cork-cutter, in High-street, St. Giles's, London, afflicted with the evil on the right arm, and one place in the left, with three large sores, and much swelled, has taken the drops six months; one place on one arm quite well, the others mend daily, and the child has a better countenance.

The Scurvy in the Gums is often mentioned, but does not seem clearly to be understood relative to the cause; I am clear it proceeds from a foul, distempered stomach, which occasions the scurvy in the gums, which wear away, or bleed upon a slight pressure, or suddenly; and the mouth feels clammy in a morning, with a slight fever; the breath is generally offensive; this is always a sure sign that the body does not enjoy that state

of health you could wish, and ought to put you upon your guard to prevent any further encroachments. Many things are recommended to cure the scurvy in the teeth; some recommending tinctures, others powders, and the third opiates, just as their interest directs. The following is an excellent powder to cleanse the teeth, and strengthen the gums, viz. take dragons blood, allum, myrrh, cream of tartar, equal parts, in fine powder, and mix: to give it a fine colour some add vermillion, but it is better not. You may use this as a powder by itself, but if the gums are wasted, you may make a paste by mixing it with honey of roses, and use it gently with your finger. Red wine is a good wash after dinner for the teeth: to wash the mouth with cold water in the morning is cleansing, strengthening, and hardens the gums.

The Eyes are often inflamed and sore, with fevers and colds, or after the small-pox, in which complaints I have administered my medicines with peculiar success.

Many persons labour under a weakness or dimness of the sight, who imagine that the fault lies in their eyes, and frequently have recourse to spectacles to help them: I wish they would have patience, and consider before



fore they take that last step, for when once they take to glasses they cannot throw them aside: if they visibly labour under a scorbutic complaint, or weak nerves, no wonder their eyes are bad, if not, perhaps a fever, or some hidden disorder that proper physic would soon cure. 'The ointment of tutty camphorated is excellent to anoint the eyes with when dim; melt a little bit in a silver tea-spoon, and put a little in the corner of your eye, just before you step into bed, and in the morning rub them gently with fasting spittle; for day time rose water or brandy and water is a great help. There are several other things I could recommend, but what I have said is sufficient for general directions; for outward applications may assist but will not destroy the cause.

The Small-Pox frequently leaves bad humours behind it; and persons generally give a few doses of physic to the patient and then they are satisfied, whereas purging physic only cleanses the first passage, and passes quickly off without entering the blood to any good effect; the humours are seated in the blood, and therefore it is a medicine that operates there, from which you must expect relief, and I have given mine with remarkable success: two small bottles, which last a fortnight

fortnight, are generally sufficient for a child, unless any alarming circumstance appears, to be taken when the child gets strength.

Nervous complaints are greatly relieved by my medicine with exercise, as it assists digestion, and helps to destroy those humours which prey on the human body. When pimples that come out on the face grow large, it is best to prick them with a lancet, or any sharp instrument to let out the matter, which will prevent their growing to a monstrous size like boils; when the lips swell and are painful, you must let the blood out in the same manner: very often the lip is cracked in the middle, and though it heals, yet upon sneezing it will bleed afresh: a piece of ladies sticking plaister must be laid over it; one piece generally cures: lip-salves are too trifling in these cases. When the crown of the head is either scabbed over, or running sores, so that you may pull the hairs off very easily, it is best to have it shaved over: for hard swellings in any part of the body, rub it well over with fasting spittle as soon as you are awake every morning, it will lessen them greatly.

Faith, hope, temperance, and exercise should be the constant attendants of every patient:—All gloomy, melancholy thoughts should



should be banished; and tho' the case should be so bad as to make you despair of recovery, yet never tell your acquaintances so, but encourage them; by this means many a cure has been wrought where it was least expected, for grief, fear, and other depressing passions, have a great tendency both to excite and aggravate these disorders; for so great is the power of the mind over the body, that by its influence the whole vital motions may be accelerated or retarded, to almost any degree: thus cheerfulness and mirth quicken the circulation, and promote all the secretions; whereas sadness and profound thinking never fail to retard and hinder the cure of these unhappy complaints: for fear produces the Scurvy because it arrests the motion of the spirits and blood; and the juices stagnating grow tart, and taint the whole mass. From hence it is that such people are subject to heart-burns; because the juices growing sour, separate these humours into the glands of the stomach, and from hence a lasting melancholy is produced; our thoughts depending on our juices, if they are gross and sour, the spirits partake of their taint and move slow, from whence heavy ideas ensue.

I think

I think it is owing to a strong predominant faith operating on the mind, that formerly person's were cured of the Evil by the King's touch; and in like manner the cures done by the touch of the seventh sister or son, which is very commonly attempted in some parts of Devonshire; and several persons informed me of cures done this way, whose veracity I cannot doubt; at the same time I cannot believe any virtue dwells in the seventh son or daughter more than in any other, and if any person was to go there and tell them she was the seventh sister they would give credit to it. The general mode and rules practised are these: First, the person who touches must be the seventh son or daughter; Secondly, to touch only on the birth-day, and once a week for six or seven weeks after, on the day the birth-day falls on; Thirdly, to take no money for touching, but may receive any presents you are pleased to send or carry, whether plate, linen, or eatables, &c. Fourthly, the person who touches, gives and tyes a silver sixpence round the neck, which must not be wetted, otherwise the charm is broke; and they must come and have another sixpence, which is worn 'till the cure is compleated. Many believe in these modes of curing, and it would



would be a hard matter, and rather unkind, to persuade them from making so easy an experiment, when the faculty had tried in vain of curing them of their griefs.

There are many places of resort for bathing and drinking the mineral waters for scorbutic disorders, which requires a little consideration, and which I would not by any means should be neglected, as they certainly contribute to health, and to trade; and we are to hope some find a perfect cure, at least relief. As to the bathing in the hot waters at Bath, and at bagnios, I have no opinion of it in leprous cases, as they relax the body, and force the tainted blood more on the skin, so that the patient is rather worse, as Dr. Willis takes notice of; and I have often heard the patients speak in the same language.

From salt water bathing, much benefit at first seems to be gained which is one reason, added to the pleasantness of it, that makes the afflicted fly to it; yet we scarce ever knew a radical cure, and the reason is, because this is an outward application, and does not refine the blood. How far drinking the salt water may be of use, has been much disputed by Gentlemen of the Faculty; I am not clear concerning it; yet if a patient

ent goes there and drinks, and finds no ill consequence, but is rather more easy and chearful, then let it be continued. Persons often find benefit by these remedies, owing to change of place, air, variety of company, and agreeable amusements, all which contribute to healthiness; yet in a little time after returning home, the disorder soon appears again, because they pursue the same course of life, which either brought it, or nourishes the complaint. I have heard persons speak with rapture of the benefits they found by drinking the waters in the morning, and that they could eat a very hearty breakfast. What was it that made this wonderful alteration? Was it the waters? I fancy not; it was the walk, and fresh air; but coming home and indulging themselves, undoes all the good they had done; for I dare say after breakfast they lost much of that liveliness they had experienced. Persons who drink the waters should never force themselves to drink more than is agreeable, otherwise it is hurtful, as it is not the waters that benefit them so much as the air and exercise.— These remedies in general palliate, but seldom cure.

Salivation has been often tried to cure these complaints, but in vain: it is a violence on nature, and therefore no wonder it fails.



Many patients are apt to take more than what is ordered, imagining if one dose will do so much good, what will two? They are much mistaken; they run a risk of bringing on complaints worse than the disease. We know a little oil is necessary to facilitate many machines, too much clogs; so it is in phyfic, errors should be on the safest side. Diseases that take time in coming, generally are very tardy in making their exit; and those are the best and safest cures, where nature is not over hurried. All medicines should be made as elegant as possible, consistent with their efficacy, otherwise they disgust, and will be of no service.

It is a very common, but erroneous notion with people, that spring and autumn are the only proper times to take medicines in, to purify the blood with any good effect, because nature is then strong, and is enabled to thrust forth the fruit of a vitiated body; whereas had you a tree that you did not intend should blossom, would not you destroy it in the winter? So it is with the human body; if you take phyfic in the winter, it must destroy the root of the humours, and thereby hinder its progress in the spring. At all times and seasons persons should endeavour to live regularly, and nip distempers in the  
bud,

bud, at their first approach, lest they get powerful and overcome you; for if we can discern where distempers begin, we cannot tell where they will end. Our bodies, naturally weak, tend to dissolution, which is the reason why humours make such hasty strides, preying upon and tearing all before them in different shapes, unless timely remedied.

As we are liable to distempers at all seasons, so medicines should be adapted to times, age, and constitutions.

*Sedentary life subject to scorbutic complaints.*

**P**ERSONS who follow sedentary employments are very much troubled with scorbutic complaints, by reason of their want of exercise, confin'd in close places in one posture too long, whereby their food, instead of being digested and pushed forward by an erect posture and the action of the muscles, is in a manner confined in the bowels; hence indigestions, costiveness, wind, and other hypochondriacal symptoms, the constant companions of sedentary occupations. Indeed none of the excretions can be duly performed, where exercise is wanting, and when the matter which ought to be discharged in this way is retained too long in the body,



body, it must have bad effects, as it is again taken up into the mass of humours; therefore the situation of shoemakers, taylor, cutlers, and other sedentary businesses, is extremely hurtful; for a bending posture obstructs all the vital motions, and of course must destroy the health, and bring on an universal relaxation of the solids. It is likewise very hurtful to the lungs: when this organ is compressed, the air cannot have free access into all its parts, so as to expand them properly; hence tubercle adhesions are formed, which often end in consumptions. Besides, the proper action of the lungs being absolutely necessary for making good blood, when that organ fails, the humours soon become universally depraved, and the whole constitution goes to wreck; also they suffer on the inferior extremities, which obstruct the circulation in these parts, and render them weak and feeble; for the blood and humours are by stagnation vitiated, and the perspiration is obstructed, from whence proceed the scab, ulcerous sores, foul blotches, and other cutaneous diseases, so common among sedentary artificers. There are many other vocations in life that are more destructive to health, which are not sedentary, such as painters, lime-workers, and a hundred other

other occupations: in truth, all stages and stations of life have their inconveniences, and we shall find few people contented. All these ought to use much exercise at vacant hours, as a great means to preserve their health, and to pay a strict attention to cleanliness.

On the list for curing the poor gratis, I have more taylor and shoemakers than any other business, and shoemakers the most.

Persons who follow a studious profession, as law, physic and divinity, by their intense thinking, frequently destroy their health; hard study always implies a sedentary life, and when intense thinking is joined to the want of exercise, the consequence must be bad. A few months close application to study has ruined an excellent constitution, by inducing a train of nervous complaints, which could never be removed.

Man is evidently not formed for continual thought, more than perpetual action, and would as soon be worn out by the one as the other.

Studious persons are very subject to the Scurvy and Gout, owing to indigestion and an obstructed perspiration. It is impossible that the man who sits from morning till night should either digest his food, or have any of  
the



secretions in due quantity; for intense thinking and inactivity never fail to weaken the powers of digestion, hence the humours become crude and vitiated, the solids weak and relaxed, and the whole constitution goes to ruin.

Intense thinking occasions grievous headaches, which bring on vertigos, apoplexies, palsies, and other fatal disorders.

To what a wretched condition are the best of men often reduced by study; their strength and appetite fail, a perpetual gloom hangs over their mind, they are continually in search of relief from medicine, where, alas! it is not to be found, if they persist in their profound researches. The best remedies are found in exercise, company, amusements, riding, or walking.

## S E C T. V.

*Of the Medicine, entitled, The Universal Antiscorbutic Drops.*

**P**HYSICIANS of all ages to the present, have ever found these scorbutic disorders extremely difficult to cure; doubt and uncertainty generally attend their prescriptions,

ons, after having ranfacked the whole *Materia Medica* frequently in vain. That this is a truth few will deny. How comes it to pafs (will the reader fuggelt) that you have been fo happy as to ftroke out a method fo fuccefsful? Answer: Obferving very early in life that mankind complained much of a diforder termed the Scurvy, and a few applying to me for relief, which I endeavoured to give by the ufual remedies prefcribed, fuch as falts, manna, rhubarb, electuaries, and other cathartic medicines, to purge the humours out of the body. This method failing, I next tried diaphoretick medicines, joined with other powerful ingredients to force the humours more out of the fkin. This proved ftill worfe, by rendering the patient a fad fpectacle.

After many other fruitless attempts, a medicine was recommended to me with great encomiums on its efficacy, which I experienced with fome fuccefs, tho' not altogether fo fatisfactory as I could wifh. On this, I laid afide almoft all other bufinefs, being determined to find out a medicine, if poffible, to eradicate the Scurvy. With this view I diligently fearched all the authors that I knew had wrote on this fubject, befides analyfing carefully all the noftrums of any note, as  
Maredant's,



Maredant's, Keyfer's, Vegetable Syrup, &c. vended for the Scurvy ; next I searched the Dispensatory round, trying seperately different drugs, sometimes joining them together in infusions, tinctures, elixirs, blending antimonial, mercurial, vitriolic, steel, cantharides, bark, water-dock, hemlock, and other vegetables together, making different preparations ; and in order to know the true effects of my various compositions, I constantly advertised to cure the poor gratis, which very soon increased the number to 60, and sometimes 100 ; and here I quickly found out many errors, and that my medicine was too defective to relieve the many alarming, distressing, complicated maladies of my poor patients, over whom I frequently shed the tear of humanity, to see how little help there was in medicine ; the thought of which remained so deep within me, that I rested neither night nor day abroad, and at home was ever revolving in my mind the cause of these disorders, and the best method of relieving them.

After all my studies, I was convinced, by reason and experience, and from the anatomy of the human body, that nature was not to be overcome by rough usage ; that scorbutic disorders in general proceed either from

accidents, or by a mismanagement of ourselves in one shape or other thro' excess, and that the cure of these complaints must be begun in the stomach: therefore I endeavour'd to prepare a medicine that would assist digestion, strengthen the stomach, and purify the blood, in a gentle manner, co-operating and assisting nature by temperance and exercise. On this foundation, I have succeeded beyond my expectations, in eradicating the Gout, Scurvy, bad humours after the Small Pox, Leprosy, Ulcers, Rheumatism, Childrens Eruptions, and other scorbutic nervous complaints; and though I cannot boast of an infallible remedy, yet I can say with great propriety, it has performed wonders, and that sometimes by a few bottles only, scarcely to be credited: and I am certain there is no medicine advertis'd can exceed this in efficacy, elegance, or reasonableness in price, however pompously set forth in the papers; and in order to render this medicine useful to the public in general, I have appointed it to be sold in flat, square, moulded bottles, the large at 5s. the small at 3s. each, wrapt up in folio bills, signed with my name, and the following inscription in a wave on the bottle, (FRS. SPILSBURY, Proprietor of the *Universal Antiscorbutic Drops*) sealed with the



the Anchor of Hope, and F. SPILSBURY, Chymist, round the seal. And the poor who cannot afford to pay, have it gratis in London, Ireland, Scotland, Bristol, Bath, Salisbury, York, and many other places in the country, bearing daily testimony of the united virtues of the vegetable, mineral, and animal kingdoms concentrated in one medicine.

It gives me pleasure to hear from persons where my medicine has been successful. It is also very necessary for the proprietor of every medicine to be acquainted where it fails, and any particular complaint; for by this means it would be remedied: for I am determined, *Deo volante*, to do the utmost to oblige the public and myself.

It has been objected by many persons to the making use of advertised medicines:—Now let us reason on the subject a little. Few persons make use of them till they have tried their own apothecaries, physicians, purse and patience, all to little or no purpose; thus tired out, they say, I can't be worse, and often send for a medicine at first by stealth; here they often find relief, to the great joy of themselves, and the surprise of all their friends.

For I am persuaded no medicine is able to support the heavy expence of advertising, unless founded on merit; for medicines, thro' advertisements, pay a heavy duty: next, I declare, this medicine has cost me several hundred pounds, besides the anxiety of several years close attention to the cause, and cure of those troublesome maladies; and giving up all other business, if I was to make it public, who would thank me, much more satisfy me? If the afflicted find relief, do they grudge to pay? I say, No. Does not experience produce knowledge? and is it not better to have one person to prepare a medicine that you can confide in, and which goes to the root of your disorder, than apply to those who have those cases but seldom.

What other way has a person to communicate his discoveries, but by a news-paper? By ingenuity and perseverance, you will allow other arts may be invented and improv'd, and why not in medicine? Difficult diseases, of several years standing, require powerful remedies, only proved to be so by repeated experience: and this medicine I prepare myself, trusting to none, which acts on the body by safe, rational principles, guided by experience, performing whatever



a reasonable being can expect from medicine, and is so ordered, that it will suit every one's constitution, for if it disagrees or purges, then the dose must be lessened. This medicine is not intended to purge, sweat, or any particular secretion, but to assist nature in general.

Sometimes on taking this medicine it throws the humours out on the body more, which is a sure sign it operates to a good effect, as was the case of Mr. Valentine, and by continuing it gradually dies away, leaving the patient in good health, and free from so troublesome a companion: other times for a while it ebbs and flows; and in some no material alteration, but the spots, heats, ulcers, and other eruptions gradually decrease; and in some, one, two, four, or six bottles have performed all that the patient could wish, to the surprize of all around them. When you think proper to leave off taking the drops, don't leave them off all at once, but reduce the dose by degrees, as you began, for the last week or fortnight; for no sudden changes in medicine should take place.

These Drops may be taken any number of years together by persons of the most delicate constitutions, even women with child,

without the least injury, inconvenience or hindrance, either of pleasure or business: they create a good appetite; and, by causing a regular and easy digestion, prevent wind from accumulating in the first passages, the cause of head-achs, vapours, and other indispositions incident to the patient. It frequently happens, that people when they have taken four bottles, find no effect, but on taking the sixth, all the symptoms vanish. You are to consider, as a tree that has its root cut does not immediately die, so this medicine operates in like manner, first destroy the root, then all the other dependants wither away. Every one that begins to take this medicine should proceed to four, five or six bottles; by these means they will be convinc'd, that if they are ever so bad, the medicine will cure them.

Notwithstanding the success of the Drops is so very certain that none need doubt it, yet the quantity sufficient to perfect a cure must vary according to the different degrees of the distemper, and the age and constitution of the patient, so that you must not be disheartened, if upon taking the first or second bottle you find yourself to appearance worse, which is owing to its assisting nature in expelling any malignant humour in the  
body,



body, and I have always found that when the person's body has broke out in boils or running matter, more than his first complaint, it is always a hopeful sign of being cured soon—For this medicine has stood the test, and prevailed in many deplorable cases, and has exceeded the sanguine hopes of the afflicted, even to the admiration of the faculty, who have witnessed the truth, by applying and recommending it to their patients, for no medicine ever performed such amazing cures in scorbutic disorders as this has done.

I have recommended my Drops to be taken in a different manner, contrary to the general rule of physic, viz. with meals; by which means I have obtained cures sooner than the common method; and my reason for so prescribing is this; I consider the complaint lies in the blood, and therefore the sooner the medicine is conveyed there, the good effects will be the sooner felt; for mild alternatives are used to much more advantage just before, after, or at meals than at other times. At breakfast I recommend it in the last dish of tea; because taken on an empty stomach a less dose would make you sick, and cause a disgust. At dinner or supper, I recommend persons to put the usual

dose in their table drink, and drink as usual at their meals ; by this means the virtue of the medicine kindly mingles with, and insinuates itself into not only the saliva in the stomach, but also all the humours that flow together into the right ventricle of the heart, and all the arteries and veins, and by that means the desired emendation and correction of them is the sooner and more easily performed.

To the afflicted, let me recommend patience, and to take no more of the medicine than they find agreeable and to sit easy on the stomach, for too much of medicine is as bad as too much food ; slow and sure is the characteristick of this medicine ; and yet by following my observations and directions, half the number of my bottles will cure, where double the number of others have failed. I have been told one person took 140 bottles of a certain advertised medicine, without any effect. Astonishing ! to think how any person could proceed so far without any encouragement.

Ointments I am not fond of, any more than just to keep the stocking or linen from sticking to the sore ; yet upon some emergent occasions I have prepared a mild, safe ointment, which gives ease, and which I give  
for



for childrens chilblanes, or burns, with remarkable good effect.

Nitre in powder I sometimes recommend to my patients when the blood is inflamed, and in some ulcerated legs or inflammations of the eyes, a scruple three times a day, mixt with a little sugar and water, and a few tea-spoonfuls of brandy or rum to take off the rawness, and to suit those who have been used to live well. Bleeding seldom order'd.

Of Decoctions I shall speak in another place; otherwise these are the only medicines I make use of, and with which I have done such wonderful cures, I am sure, I once thought impossible; for to see such large, deep, running ulcers contract and heal up gradually, swelled limbs, stiff and moved with much pain now pliant and obedient to the will, scurfs on the head and other parts fall off, and leave the skin smooth; rheumatic and gouty pains cease; nervous complaints now give way to strength, and life and colour once more dawn on the face. This is a truth, with joy I repeat it; let despair, that bitter enemy of health and comfort, be named no more; and let those who were once afflicted, shake off that delicacy, and tell, under Heaven, what has relieved them; not for my emolument do I wish it, but for  
the

the afflicted's sake; at least sure you may witness a neighbour's cure whom ye know, without a blush; yet this has often been denied.

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CURES *performed by these Antiscorbutic Drops, from private and public practice.*

### C A S E I.

A Young lady having heated herself with dancing, drank cold water when she was hot; the next morning she was seized with a violent head-ach; this went off with proper applications, but in a few weeks after she broke out all over her body, and particularly in her face in great pimples; her apothecary had done what lay in his power; her body was better, but the humours seemed settled in her face. She began by my recommendation with one bottle; at taking this first she was neither better nor worse than I could discern; after taking the second she seemed better, the pimples not so large nor fiery, which encouraged her to continue: I think she took seven bottles before she was cured. No outward application was used, nor do I find any occasion for it.

CASE



## C A S E II.

A young lad, sixteen years of age, going into the country in the summer, it being very sultry, by too violent exercise, overheated himself; a rash was the consequence; it came out in small white pimples, very thick, like the small pox; he did not take proper notice of it; it struck in: in about a year after his face came out with large bumps like boils, which were full of blood and white matter, these kept coming and going for five years, his body having little eruptions, which itched violently, and at last turned to a degree of the Leprosy, with white branny spots. He had tried physic of various sorts, from different hands, to little purpose, sometimes better and sometimes worse. I ordered him my Drops, with a diet drink of sarsaparilla; when he had taken five bottles he was well; he continued to take them for one month after to make sure work. This person and the foregoing had a very good appetite, and in general I find that most young folks that have these scorbutic complaints have a good stomach and eat heartily, rather too good a stomach. I have taken this opportunity to mention this circumstance, because there are some that would persuade people, that in these

these cases there is hardly any appetite: those that are troubled will judge best. Where people live sedentary lives, using but little exercise, their stomachs will not digest much food; and when it happens that these last get any disorder, it is apt to prey on the mind and sicken them; therefore it is no wonder they want an appetite; but in working people, and in general it is otherwise.

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### C A S E    III.

A lady, who took little exercise but riding in her coach, and not having her health regularly, her legs began to swell, and sometime after broke out in sad sores, and were terribly ulcerated: she was blooded and purged so much as to be brought very low. She was removed to another part of the country, to see what change of air would do; one part of her health she recovered, but these bad ulcers remained; she was for my drying them with outward applications, but on representing the danger, she complied with my advice: when she took one bottle she seemed worse; I recommended another, and to take a walk as far as her strength would allow, and to drink the decoction of sarsaparilla: by this method she recovered in about three months, taking the Drops constantly.

CASE



## C A S E IV.

A young girl, ten years old, was cured of the Leprosy by these Drops: her arms, legs, and head were terribly scabbed over; no sooner one was peeled off but another came, they itched violently, and run very much. She was obliged to take eight large bottles before she was cured, drank whey to her dinner, and saffrafras tea for breakfast.

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## C A S E V.

A gentlewoman, of forty years of age, was sadly troubled with an inflammation in her face for seven years, attended with great heat, and hard red pimples that would not digest: she could scarce see out of her eyes. After making use of various medicines, great quantity of diet drink, with lotions, drinking and bathing in salt water, and with other minerals and chalybeats, all to no purpose, she was cured by these Drops, and a decoction of the bark.

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## C A S E VI.

A captain's lady, who was afflicted terribly; her arms from the elbows to the wrist were almost one scab, her legs the same, only more corroded; her head full of sores,  
her

her gums quite spongy and decayed from the teeth; her face was tolerable; her back here and there a blotch; her thighs on the outsides several blotches; great weakness in the knees; they were of the leprous kind; the scabs rather darker at times; whenever she drank any thing strong they heated and itched, so that she would scratch the places, and lay them raw presently; it would easily give way, but would be soon covered again; the scales that came off were like those of a fish, and some as broad as a shilling: the inside of her ears were scurfy. She was greatly reduced when I saw her, and complained of pains like the rheumatic; she had been under a long course of trying many things, but did not stick to any one medicine, or one person long, for she expected miracles. I plainly told her she must not expect to be cured in a day, and that unless she would be ruled, I would not have any thing to do with her; she promised fair, but was not over punctual the first bottle, but on taking the second she began to be used to the medicine, as it did not confine her; the third bottle mended her much, and she was quite well before her husband came from abroad. She drank saffrafras tea for breakfast, and drank a decoction of elm bark to-  
wards



wards the end. When she got better the scabs began to break in the middle, or form a shape like a crescent; in the middle it would be whole smooth skin, and all round almost it would be scurfy; and I have generally observed, that these scurfy eruptions mend and go away in this manner; and when quite well, leave no scar behind, except of ulcers that have eat deep in. For her gums, I ordered her to rub them with Extract of Gentian Root, or to use the Powder for the Teeth.

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### C A S E VII.

A young lady was inoculated for the small pox; got well over it to all appearance, but that arm where the incision was made did not heal up, and soon after broke out in running sores and spread itself; the other arm was infected, and the face like so many boils, when one seemed to mend, another grew worse, till at length the child had no strength, and could not be moved without pain: she had been well physicked by the person who inoculated her, in hopes to carry off the humours. I gave her the drops in small quantities at first, and so increased them, and ordered her to drink nothing but a decoction of sarsaparilla, with a little liquorice in it,  
and

and kept her upon this for six weeks, then gave her the bark in the room of the *sarsaparilla*, with which she finished, and recovered in three months time: her strength and appetite came by degrees, about three weeks after she began taking the medicine.

I ordered for her breakfast ground-ivy tea, she being a little inclined to be hectic. Ground-ivy tea is a fine balsamic herb, and is good in scorbutic consumptions; it is reckoned to do wonders in tubercles and tartarous indurations of the lungs.

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### C A S E VIII.

A young woman in Spitalfields was afflicted with a scorbutic disorder; she had first small pimples came out of her face, which soon grew to blotches; some of these grew like spongy flesh, and large as a small cherry, with blotches on several parts of her body; a violent pain of the head at times; her body was so sore that she could scarce bear her stays, or turn herself in bed. I first ordered her gentle physic, then began taking the drops; and when she found her humours too hot, to drink a little water, with a small quantity of cream of tartar or nitre dissolved in it, and sweetened with sugar, and at night to drink warm a decoction of  
*sassafras*



sassafras and sarfaparilla the last thing: by these medicines she quickly recovered; she washed her sores sometimes with the decoction hot.

Another person had his body covered in different places with spots covered like bran; which for several years gave him no trouble; kept coming and going, till one spring they began to heat and itch, and upon just touching the place the scurf came off and oozed; he had not taken any thing for some time, he had a good appetite, and looked well: I ordered him to be blooded, he being very full; he soon found the benefit, for his sores did not itch so much as they used. Upon his taking my medicine, and drinking whey to his dinner, he mended apace, and soon got well. Bleeding I do not recommend in general, but where I see a person strong and healthful, as was the case here, I never hesitate; for he being so full of blood, that made the superfluous humours flow to those places, where they found vent; for when he removed the scurf, the place would bleed freely.

Another person was troubled with a scorbutic complaint; his arms and legs would come out in pimples, itch violently, and when he scratched them, there would gush out a

black grumous blood. He had worn a girdle for it, but found no service, so left it. I gave him some bottles of Drops, which he took, and soon got well.

A young lady had a scorbutic disorder, which affected her very much, as it fell greatly on her face: she was about seventeen; but with the use of my Drops alone, she soon got rid of her complaint. Complaints of this nature are sometimes very troublesome.

A servant maid was troubled with a bad leg, there were several sores and some bad holes that you might bury a pea in; they were first small, but they heating, she scratched till she got a humour in them, and carelessly had worn a worsted stocking over it: now wherever there is a sore of any kind, nothing is worse than woollen, it heats so. I recommended the Drops as ordered; she recovered, and the sores filled up kindly, leaving no great marks behind. Several instances I could give of tetters eruptions, pimples faces, and bad breakings out cured by these Drops alone; the persons not having opportunity or conveniency for making their medical drinks; but this would swell the pamphlet into a volume, and would only be a repetition.

A young



A young man had the misfortune (too common) to catch a bad disorder; he went under a course, and was assured he was well, but soon after he had eruptions, which gave him suspicion he was not, and was satisfied he had not been in company to catch any thing afresh; he had some pills to take; one day being warm, and in summer time, he stript and went into the water, thinking that might do him good, he not being cautioned against it; he had like to have paid dear for his experiment, for he was soon after seized with numbing pains and a stiffness, so that he could scarce get home: he was ordered a sweat, and put to bed, and with proper cordials and care he recovered of that in a week's time. The occasion of this was, the pills were composed of a mercurial preparation, and any sudden cold, or plunge into cold water, may bring on palsies in the limbs or present death. I mention this that it may be a caution for people to take care of themselves when taking physick. He suffering so much from the pills, though not in fault, he threw them away, and dismissed the surgeon, which was ungrateful and ungenteel: as he complained of pains in his limbs, I kept him to a decoction of sarsaparilla, with a small quantity of my Drops taken daily; he grew

better, and in about three months he left all off. Whether we can reckon this in the number of scorbutic complaints is some doubt, but this I have to say, there is many a bad scorbutic complaint that never would have happened, had it not been for some venereal case not thoroughly cured in the blood; and this is a proof that this medicine will root out all foulness wherever it finds it.

Another person was cured by these Drops who laboured under a violent heat and itching of the blood, with small pimples in the skin that could only be felt at first; he took three bottles.

Another person, a woman, who had the Leprosy, at first only small pimples in the face, then on other parts of the body: her cure took six bottles of the Drops, and a decoction of the bark.

A young lad took four bottles for a cure of several large scabs on his head and face.

Besides the foregoing cures, the following letters from the respective patients, whose names they bear, are a further additional and convincing proof of the great efficacy of my Universal Antiscorbutic Drops.

Jan.



Jan. 1, 1770.

Mr. Thomas, of Spitalfields, had been many years afflicted with an inveterate scurvy; his arms and legs had large blotches covered with scurf, that peeled off and new ones came: his head was almost covered with scabs that stuck very hard; they were inflamed; a humour ran from them that smelt strong, and his eyes were weak. By the use of these Drops, and a cooling regimen, he recovered his health, and at this time has not a spot to be seen. His eyesight grew strong as he recovered. It is a year since he left off taking them.

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SIR, Westminster, Feb. 3, 1770.

As my complaint is peculiar, and the benefit I have received from your Drops had a surprising effect in curing me, I am desirous it may be published for the benefit of the afflicted. I have been troubled with eruptions of a dry scurf over most parts of my body several years; a swelling in one of my legs; no pain, but a great itching and hard, attended with an uncommon lowness of spirits, and a great weakness and cold constitution. I tried many things, but to no purpose; I was recommended to your Drops: on the taking of three bottles, I found my

weakness to abate, and my health to return gradually, and by continuing the use of your medicine I am perfectly cured. I am, Sir, with a heart full of gratitude, your wellwisher,

ELIZ. HOPKINS.

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Mr. LOFTS of Norwich, presents his respects to the proprietor of the Universal Antiscorbutic Drops, and is obliged to him for his advice, particularly in regard to his child's mouth; and has the pleasure of acquainting him of the perfect recovery of his son's disorder, by the constant use of his Drops. His case: He was afflicted with the Leprosy, which first came out in spots, then pimples, which spread and turned into large scabs, sometimes dry, sometimes moist, attended with a fever; the lips parched up, the gums eat away, and smelt very strong; every morning a white lea was upon them, which washed away, when he got better, the scurf came off, (as described in your book) and the humour gradually ceased, till the natural skin appeared. You have my leave to publish this. I am, Sir, your humble servant,

Jan. 15, 1770.

L. LOFTS.

N. B. The medicine prescribed for the gums when eat away, as mentioned, with a corrosive matter, is very efficacious, and is



as follows: Take tincture of myrrh and rose water, each three drams; honey of roses, two drams; elixir of vitriol sufficient to give it an agreeable acid; dip a feather, and touch the part four times a day. This gargle may be used for a sore mouth.

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SIR, *Greenwich, Feb. 9, 1770.*

I have for years past had an obstinate Scurvy, which baffled the art of medicine from different hands; likewise the Bath water. Bathing in the sea produced no cure, for like the sea it ebbed and flowed. Hearing great praise of your medicine I was induced to make trial of it; a few bottles convinced me it was deserving of it; my spirits and appetite, which before were weak, increased amazingly; my scorbutic blotches, which infected my face and body, began to disappear; my body is now regular, which before was constive; and by taking ten bottles, I am restored almost to another person, to the surprize of all my acquaintance. Your obliged humble servant,

S. CREECH.

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SIR, *Chelsea, June 23, 1771.*

I have the pleasure to acquaint you, that my wife has received a perfect cure of an inveterate Scurvy by taking your excellent

Drops, and complying with your advice; as her complaint is so very common to the human frame, it would be injustice in me to conceal it from the public. She had been troubled with slight eruptions on her skin from a child, on different parts of the body, that did not last long at a time, but went and came as the year proved favourable. About eight years ago the disorder began to settle, and increased on several parts of the body, arms, legs, face, and the crown of her head, with a dry scurf, which came off, and then discharged a yellow corrosive matter; particularly those blotches on her legs which heated and itched prodigiously, her complexion was yellow, her stomach could not digest her food, but was generally thrown up again with a foreness that set her teeth on edge; no will to stir about, but heaviness hung upon her, and when the fores on the head did not run, a head-ach and dimness of sight generally attended, which went away again on a discharge of the humour. Such was her situation when she began to take your valuable medicine, the third bottle she found an alteration, and by persevering in the use, has had the happiness to be restored to her health entirely, and is free from those tiresome complaints. It is now five months since



since she took any Drops. I am, Sir, with great respect, your humble servant,

FLETCHER READEN.

N. B. To correct that sourness in the stomach, magnesia a tea spoonful with rhubarb a scruple in a glass of water, was ordered three times a week. It is a safe medicine, and much esteemed.

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To the proprietor of the Universal Antiscorbutic Drops.

SIR, *Preston, Dec. 2, 1772.*

I should be wanting in gratitude to you, and compassion to my fellow sufferers, did I not make public the cure I have received by taking your valuable medicine. Know, Sir, I have been afflicted upwards of seven years with eruptions on several parts of my body, like the Leprosy, with branny scurf which rubbed off easily, but came again with itchings, and at times ran and smelt very bad; likewise large pimples on my face full of matter. Having tried many things, I began to despair; but hearing so much said in praise of your Drops, I ordered half a dozen, and found them exceed my hopes, and by continuing them I am perfectly cured. I am, Sir, with much respect, your humble servant,

ZACH. TOMKINS.

SIR,

January, 1773.

I had long laboured under a complaint of the scorbutic cancerous kind, which had rendered my life burthenfome, viz. feveral ulcers in my legs which eat deep; a bad habit of body; frequently in a fever, accompanied with a foetid breath; on my head feveral fores, fometimes dry, other times moift; a great wearinefs by day; little or no reft by night, and that difturbed; my blood very hot, and itched violently, particularly in the winter feafon, as you have particularly defcribed in your ufeul Treatife on the Scurvy, the reading of which firft determined me to make ufe of your excellent medicine; by the ufe of which I gradually recovered, and am now in health, entirely free from thofe complaints; it is now five months fince I left off taking the Drops. In gratitude for your advice, and juftice to your noble medicine, you have leave to publifh this. I am, Sir, your humble fervant,

EL. RIPPIN, Litchfield.

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EDWARD EDWARDS, of Wither's Court, Whitecrofs-ftreet, London, maketh oath, that he the faid deponent was afflicted with a scorbutic humour for feveral years paft, in his face, which occafioned his lips to fwell to that bignefs,



bigness, so as to distort his face, and prevent him from speaking plain. Likewise, on his arms and other parts of his body, large bumps as big as hazel nuts frequently came out with burning heat like fire; after taking several things to no purpose. The said deponent also declares, that he had heard of the great cures performed by the Universal Antiscorbutic Drops, upon which he took one dozen of his bottles, by the sole use of which he has obtained a perfect cure, and now remains in perfect health.

E. EDWARDS.

Sworn at the Guildhall of the City of London, this 6th day of May, 1772, before me,  
J. BIRD.

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A remarkable cure obtained by six bottles of the Universal Antiscorbutic Drops.

SIR,

I have the pleasure to acquaint you, that by taking your valuable Drops I am perfectly cured of an inveterate scorbutic humour that had settled on the lower part of my face for fifteen years; it was dreadful to look on, and too bad to be described, forming a crust all round my mouth, so bad sometimes that I could scarce open my mouth to take food in; it run very much, and when it was shaved

shaved off grew again in a night's time. I took several advertised medicines, and had the best advice of the faculty, but found no relief; at last, on being told what astonishing cures in various cases your medicine had performed, induced me to try them; and, to the surprize of myself and all my acquaintance, before I had taken six bottles, I was entirely relieved from my misery, and it has not shewed any signs of returning again. I desire you will publish this, that the afflicted may know where to find relief.

Sept. 4, 1774.

R. BAKER,

Ivory turner, in Red Lion-  
court, Old-street, London.

*Ruthin in Wales*, Nov. 19, 1772.

S I R,

It was with great reluctance I could be persuaded to try your medicine, (after I had taken so many in vain) though it came with a powerful recommendation, viz. the cure of a friend.—I was afflicted above eight years, struggling with a complication of scorbutic disorders, bad digestion, an ulcerated leg, frequently troubled with the piles, a scurf on the head and other parts of the body, which scaled off like the Leprosy, and sometimes itched so terribly, that I often scratched the  
place



place till it was raw; such was my condition when I began to take your Drops. Wonderful indeed! After I had taken a few bottles I found an amazing difference, and by continuing them three months I was quite restored to my health, and am now entirely free from those dreadful complaints. With pleasure I recommend them to the afflicted, and am, Sir, with gratitude, your most obliged, humble servant,

O. HINSDEN,

SIR,

*February 21, 1773.*

As a farther testimony of your Drops, and a satisfaction to the public, I do hereby acknowledge the great benefit I have received by an easy, expeditious cure of an inveterate scorbutic Leprosy, dispersed over several parts of my head and body in large blotches, attended with lowness of spirits, and an excessive itching, which smelt intolerably, when the discharge was profuse. I was afflicted several years, and at a prodigious expence, but all to no purpose, but grew worse. One day I read the remarkable case of Mr. Baker's, fifteen years standing, cured by six bottles only, which determined me to try your medicine. Happy for me a few bottles allayed the itching, and my sores began to decrease: I continued,

ed, and by taking ten bottles, I am perfectly recovered, and now enjoy my health. You have my leave to publish this.

I am, Sir, your ever obliged servant,  
*Malden, in Essex.*                      ANT. BENTON.

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Other recent cures, by taking the Universal  
 Antiscorbutic Drops.

SIR,                      *June 1st, 1773.*

What pleasure must it give me, (who has been severely afflicted with an inveterate Scurvy over several parts of my body for several years) to acquaint you I am cured by taking of seven bottles of you valuable Drops, after having tried many other medicines in vain. You have my leave to publish this. I am, Sir, your humble Servant,

H. LEWINGTON.

*Stow, in Gloucestershire.*

Likewise MARY ROBINSON, a maid-servant, at Goldsmiths coffee-house, London, was cured by four bottles of a bad surfeit, (caught by drinking cold water when she was hot) which broke out in yellow unsightly spots about the neck, and other bad symptoms.

To



TO MR. SPILSBURY.

SIR, *London, June 17, 1773.*

By the recommendation of a friend who was cured of a scorbutic complaint by two bottles of your Universal Antiscorbutic Drops, I was induced to try them for an inveterate Scurvy, which was as follows: For several years I was afflicted with eruptions, which at last settled on my arm, and was so swelled, and in such a bad, painful, inflamed condition, as to fear the loss of it. I applied to an eminent surgeon, but without relief; I then was a patient at the London Hospital but could not get cured; the swelling was abated, but left a fixed large liver-coloured place as broad as the palm of the hand above my wrist, which sometimes was so bad as to oblige me to leave my place at service. On taking five of the bottles the large spots, and all others were entirely removed, and my skin quite smooth; and by taking three more I am perfectly cured, and have not found the least return of my disorder. Any person calling at No. 22, Woodstreet, Cheapside, may be fully satisfied of the truth and particulars. I am, Sir, your humble servant.

SH. BURDEN.

To

TO Mr. SPILSBURY, Chymist, No. 5, Mount-  
row, Westminster-bridge, proprietor of the  
Universal Antiscorbutic Drops.

SIR,

Nov. 4, 1773.

A few years ago I got a bad surfeit by drinking cold water, when hot, which soon broke out in an inflammatory rash on my arms and other parts of my body, which itched intolerably. Having tried various medicines, with the assistance of one of the Hospitals, all to no purpose, I heard of the extraordinary cures your Universal Drops had performed, I tried some of them. Happy for me, eight bottles cured me without trouble or pain. I am, Sir, with gratitude, your humble servant, S. JACKSON.

At Mr. Stockford's, No. 22, Gutter-lane,  
Cheapside, London.

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To the afflicted with the Scurvy. The following case merits your attention.

TO Mr. SPILSBURY, Chymist, No. 5, Mount-  
Row, Westminster-bridge, proprietor of  
the Universal Antiscorbutic Drops.

This is to certify, that I Thomas Roach, son of Patrick Roach, of the parish of Cle-nallon, in the county of Down, was afflicted for several years past, with an obstinate scor-  
butic



butic disorder all over my body and arms, for which I had taken many medicines without finding any benefit, and from the virulence of the disorder had almost despaired of recovery, but being recommended to try your Universal Antiscorbutic Drops, I found six bottles of that valuable medicine produce a convincing proof of its surprising efficacy, by compleating a cure to the astonishment of every person that had seen the state of the disorder; it is now several months since I quitted taken the Drops, and I have not found the least symptoms of its returning.

Given under my hand, Oct. 29, 1773.

THO. ROACH.

Witnesses—John Caulfield, merchant, and R. Stevenson, bookteller, in Newry, Ireland.

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To Mr. SPILSBURY.

SIR,

Jan. 10, 1774.

The kindness I have received at your hands (in curing me of an inveterate scorbutic disorder by your Universal Antiscorbutic Drops, when I was in the midst of despair, having tried many medicines in vain) demands the tribute of a grateful acknowledgement, and for an encouragement to others, I will relate my case. I was afflicted near seven years, chiefly on my left arm, from my el-

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bow to the wrist, which formed a crust, and a continual scalding humour ran down to my finger ends, the same on my neck a large place, which run to my waist, and itched so intolerably, that I scratched in my sleep to such a degree that I was frequently raw; my stomach was weak, and in so poor a state, that almost every day there came off half a pint of clear water, and continually drowsy; every one that knew me said I was in a deep consumption. After I had taken four bottles my stomach was strengthened, and I mended daily, and by continuing I am perfectly restored to my health, and free from all complaints, as hundreds in the neighbourhood can testify,

I am, Sir, your humble servant,

W. TURLEY, shoe-maker, Turnmill-street.  
 Witnesses—Mr. Evans, at the Turk's Head,  
 Turnmill-street, and Edward Harrison,  
 Well-street, Oxford Road.

TO Mr. SPILSBURY, Chymist, No. 5,  
 Mount-row.

SIR, *London, March 5, 1774.*

If mankind in general were ready to communicate to the public the good effects they receive from medicines, many persons would infinitely be obliged to them, as they  
 might



might be relieved (at a very small expence) from most dreadful complaints, as I have been, which induces me to desire you will publish mine, which is as follows:

About eight years ago a bad irritating humour broke out on my body, arms and legs in small pimples, which itched intolerably and kept growing worse; so that the humour got so strong as to affect my eye sight, attended with a bad head ach and a pimpled face, accompanied with a lost appetite and a fever: after having tried various medicines to little purpose, I was advised to try your Universal Antiscorbutic Drops; after I had taken two bottles I found relief in my eyes and head, but the medicine then forced the humour out in a number of large boils on my body, some of which were as broad as a crown piece, and discharged a foul corrosive matter for seven weeks, and then healed up gradually. I continued taking the Drops, which created an appetite, and agreed with me very well, and purified my blood, that I am now entirely free from all complaints, having taken not more than eleven bottles. Any person calling at No 5, Charing-cross, opposite Northumberland-house, shall be satisfied of the truth of the above.

I am, Sir, your obliged humble servant,  
JOHN VALENTINE.

Also Thomas Granby, four years old, son of Mr. Granby, at No. 2, in Britannia-row, Lambeth, near Westminster-bridge, was terribly afflicted with a bad ulcerated head, and other swellings and pimples on his body, cured by two bottles only: at the taking the first bottle the fores discharged a foul corrosive matter, which smelt intolerably, and then healed up gradually, as usual in those complaints. April 2, 1774.

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This is to certify, that my daughter of fourteen months old, was cured (by one 5s. bottle of Spilsbury's Antiscorbutic Drops) of a very bad swelling on the ear, of several weeks standing, which run a foul matter, and the humour crept along the cheek with a white scurf, which peeled off and then came again. Witness my hand,

May 14, 1774. JOHN CRAWFORD.

At the Castle, near the Turnpike, Westminster-bridge, Surry.

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Mr. Sagoe, keeper of the toll at the obelisk, Blackfriars bridge, was very much afflicted with the Gout in his feet, but was so much relieved by one 5s. bottle, and a decoction of sarsaparilla at night, that in a few days



days he was able to wear a common shoe, to the surprize of all his acquaintance.

March 5, 1774.

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A Gentleman of the Isle of Wight cured of a scorbutic disorder, which had troubled him, by six small bottles. For particulars, enquire of Mr. Sturch, bookseller, at Newport in the Isle of Wight.

May 3, 1774.

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Mrs. Jane Stevenson, of Stamford, Lincolnshire, cured of a bad Scurvy by five bottles. Witnesses,

H. Stevenson, of Stamford.

May 23, 1774.

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This is to certify, that I Abraham Geers, of Gray's-inn-lane, Holborn, London, have been afflicted for several years with an obstinate scorbutic Disorder, attended with great itching on my body and arms, for which I had taken many medicines in vain; and from the malignancy and the continuance of the complaint had despaired of relief; for the humour had caused a pain in the head, with deafness, for nine months, which rendered me incapable of my business; but by the blessing of God, and taking ten small bottles of Mr. Spilsbury's Antiscorbutic Drops, am

perfectly cured of my deafness and the above disorders.

Oct. 8, 1774.

Witnesses to the said cure,  
Mr. G. Stevens, Tash-street, Gray's-inn-lane.  
Mr. J. Cotter, in Fox-court, Gray's-inn-lane.

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Oct. 12, 1774.

Also Mrs. Church, at Mr. Allen's, in Old Tuttle-street, Westminster, afflicted terribly with the Rheumatism near 14 months, so as to deprive her of the exercise of her limbs, and could get no rest at night, by reason of the pain, accompanied with a fever, cured by thirteen small bottles of Spilsbury's Universal Antiscorbutic Drops.

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## SECT. VI.

*On Diet, and Remarks on the Scurvy and Gout.*

**M**OST patients are inquisitive concerning Diet, or the regimen they should pursue, whilst they are taking this medicine, which is very proper, for unless persons live temperate, no medicine will avail; for as many of our disorders come by intemperance or too much indulgence, so one great step



to get rid of them again would be to abstain from those aliments that we imagine to be hurtful to us, and if continued will encrease the disorder.

I have known very great cures performed by this medicine, and the patients have lived in a moderate manner; to stint persons of their usual quantity of food, and order them to live very low, would be starving the disorder away, and not curing it; and when people return'd to their common method of diet, the disorder would bud again. In general, this medicine creates an appetite that very often the patient cannot stay till the hour of their meals. Therefore one general rule is to live temperate, and abstain from any thing too hard of digestion, as salt pork, fat meats, and avoid high-seasoned foods, &c. strong or spirituous liquors be very sparing of, make light suppers—too much butter is hurtful, as it relaxes the stomach, and increases gross humours. The gravy of meat not so hurtful as people imagine. All changes in the diet should be by degrees.

Use exercise, for exercise and labour are so conducive both to the cure and prevention of the Scurvy, that many by this sole remedy either preserve or recover an entire health; for the blood and nervous liquor of persons

that live an idle sedentary life (like stagnated waters) contract a clamminess and mouldiness: but upon the assiduous and frequent motion of the body, the humours and spirits become clear, and get a vigour, and as it were new life. The excrementious and heterogenous particles evaporate. The stuffs of the bowels are purged, and their tone is corroborated.

People that are troubled with the Scurvy, and are of a cold constitution, should eat and drink such things as carry a warmth into their blood; others that are of a hot constitution, should use that which is cooling, but not too cold. Every grown up person must be a judge upon trying, what aliment agrees best, and that let them follow.

When persons stomachs are subject to a predominant acid, attended with an indigestion, that the food is thrown up again in a putrid sour state, and troubled with wind, this must be remedied by abstinence and magnesia properly dosed, and gentle stomach purges, before any medicine will be of any service in the Scurvy, on account of this putrid humour continually supplying the blood with a matter that corrupts it, which is often the occasion of the Evil. 'Tis not the quantity we eat, but what we digest, that nourishes us.



Great quantities of salts, and other purging medicines have been taken to no effect, for nothing is so hurtful in the Scurvy, and Gout too, as a frequent purging, which casts down the powers of the body, impairs the strength of the bowels, and in the mean time does not take away the disorder.

Grief, fear, and other depressing passions, have a great tendency both to excite and aggravate these disorders; for so great is the power of the mind over the body, that by its influence the whole vital motions may be accelerated or retarded, to almost any degree; thus chearfulness and mirth quicken the circulation, and promote all the secretions; whereas sadness and profound thinking never fail to retard and hinder the cure of these unhappy complaints. Sedentary people should avoid food that is windy, or hard of digestion, and should pay the strictest attention to sobriety.

Salivation is of no service, but rather hurtful in scorbutic complaints.

Journeys to the sea-coast are healthful; so is bathing in salt water of great use in these complaints. Disorders of long standing must take time in curing, nature will not be hurried, and those are the best and more lasting cures that are performed by gentle methods.

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All outward applications to be used with great caution.

When the Scurvy afflicts persons of a delicate make, it produces terrible effects on the nerves, as hysterics, head-achs, a fluttering of the spirits, frightful dreams, disturbed rest at night, weak eyes, little or no will to action, &c. Surfeits are frequently the cause of the Scurvy.

Every one should be careful of correcting any foulness of the blood early in life, for such is the nature of the Scurvy, unless entirely eradicated, it will soon spread again. Young persons who are subject to an itching in the blood, attended sometimes with small pimples, which either rise in the skin with a small white swelling like the stinging of a nettle, or bleed at a slight removal of the skin, generally have the Scurvy when grown up.

Private persons who have not an opportunity of conversing with scorbutic patients, cannot form any idea how dreadfully this disease preys on the human body, an attempt to describe them would only shock the ear of humanity; and I should never have gained that full and ocular proof of the efficacy of my medicine, and a knowledge of their disorders, so variously complicated



cated, had it not been for a general proposal of curing the poor gratis, which was repeatedly published, and has been of infinite service to numbers who could not afford to pay for their medicines, having often from 40 to 100 patients at a time under cure.

The blood of scorbutic patients in general is hot and acrid, and by reason of its salt quality it causes a fever or burning heat, attended with great irritations or itching, and that chiefly going to bed, and when warm the itching leaves off; such persons tho' their blood be hot are of a coldish shivering nature in general: persons who have the Scurvy on the body, the face shall be free, and they will look healthy, others who have it on the face, the body shall be free from any eruptions, and it very often happens that those who have the Gout seldom have the Scurvy, and those who have the Scurvy and break out in eruptions, seldom have the Gout, and therefore I conclude it is beyond a doubt, that the Gout or Rheumatism is often owing to a matter being more confined, and by lying too long in the body corroding, the nervous juices occasion those painful sensations attended with swellings, and it is on this principle I first undertook to cure the Gout and Rheumatism by this medicine,

which

which has been attended with remarkable success.—The Gout and Scurvy require similar treatment.

The Gout is a disorder that has puzzled the most able physicians; therefore any person pretending to cure the above complaint is deemed a vain babbler; so little help is expected from the faculty, that even that balm of life called hope, is almost destroyed, and in general the patient thinks he cannot do better than let it take its course, and endure with patience the racking pain, and bitter disquiet, sure attendants on the Gout.

It seems to me thus, that the Gout and Scurvy are two different maladies proceeding from one cause; for in the Gout is frequently met with the same symptoms as in the Scurvy, such as indigestion, crudities in the stomach, and much wind, but falling on different constitutions occasions various appearances; and most people imagine that at one time of their life one of these will be their lot. Neither of these disorders I think are infectious, hereditary, or incurable.

I have mentioned that intemperance and inactivity produce many disorders; yet it must be allowed that diseases are not always owing to intemperance, for in life many disorders take their rise from accidents, weakness,



ness, or defects in the human body, or even change of weather. Various methods of life are the cause of different complaints, but this we are assured of, no method or medicine has yet been discovered that will effectually preserve us from any diseases, or prolong life beyond a certain period, or obviate the previous signs of its tendency to dissolution.

My medicine is of infinite service in the Gout, because it assists digestion and strengthens the stomach, prevents wind, destroys those corrosive humours that prey on the nervous juice and occasion painful swellings, for in this and every other disorder, while we endeavour to destroy the disease, we should remember to keep the strength of the body up. I should have but very little hope of curing any disorder whilst the stomach, the grand fountain of life, is out of order, as that supplies every minute part of the body. Ancient physicians shewed judgment when they called the Scurvy the stomach disease.

It is the heat of the stomach that very often destroys the teeth, and occasions what is called the Scurvy in the gums.

When persons take these Drops for the Gout, they should at the same time drink of the sarsaparilla decoction, which is excellent

to relieve pain, particularly at night composes to sleep, and raises a gentle perspiration; or if the Gout is in the stomach, then take a glass of the tincture of fenna, Edinburgh Dispensatory, which will open the body gently; if the pains at night be too excruciating, let the patient take two, three, or four tea-spoonfuls of the elixir paregoric, going to rest, in a glass of wine and water, or the decoction, (a gentle opiate) by taking my Drops when the fit is over, twice a day constantly, may prevent others from following.

Young children who are frequently troubled with unsightly scurfy eruptions on the head, ears, and other parts of the body, should be kept very clean and dry, with a good diet and exercise, and should be carried abroad. A child of four years old to take ten drops twice a day, beginning with one; one of two years old to take four or six in proper drink, and eat no pastry, or use outward applications, and if troubled with acids give magnesia, and they will soon recover.

Every person when they have had the Small-pox, should take two or three bottles to purify the blood, for many unhappy scorbutic complaints have frequently attended the

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the patient after this disorder like the Evil. Persons who inoculate should be careful from whom they take the matter to inoculate with.

The Leprosy begins very often first with small red spots, and with little or no irritations, which soon spreads in size of different shapes, and when one scale falls off another succeeds. It is a great happiness that scorbutic disorders are not infectious.

Woollen stockings are too heating for the legs when bad. Cleanliness and temperance with exercise cannot be too much commended. A proper regimen in most diseases is at least equal to medicine, and in many of them greatly superior.

Scorbutic head-achs are produced from humours strongly impacted into the smaller vessels, and distending the membranes fixed to the bones.

There is a wide difference between the Land Scurvy and the Sea Scurvy, what is good for the land scurvy is prejudicial to the sea; and what is a specific for the sea, avails but little in the land; the cause is different, so is the cure. The sea scurvy is only cured by change of air and fresh provisions, with plenty of vegetables, on shore.

If people on land were to live on a vegetable diet, then would the field amply supply us with every thing necessary for physic; but as the case now is altered, and we live in this country often intemperate, not contented with plain meat, we are obliged to ransack the bowels of the earth for minerals, which by their gravity and aid of chymistry, joined with the vegetables, are the only medicines that can be deemed specifics for these complaints.

Vegetable syrups are at present composed of brook-lime, water-creffes, scurvy-grass, dandelion, and salt of tartar, was made use of above a century ago, but was found too weak to combat this Herculean malady.

There are about fifteen medicines advertised for the cure of scorbutic disorders, thirteen of which are composed of minerals and two only vegetable, so that the balance is infinitely in favour of the mineral, and the greater number of cures is a confirmation of its superior quality.

These Drops have very often surprisngly cured persons by a few bottles only; and at other times, whether through intemperance, or difference of constitutions, or malignancy of the disorder, it will require twenty bottles; for every considerate person must imagine

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gine a cure cannot be performed by a slight and momentary alteration of the blood and humours, but rather that the constitution of the body must be changed, and the whole mass of blood refined; for this disease as well as many others, of several years standing, grows at last to be habitual, or second nature.

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## S E C T. VII.

### *On Decoctions and Diet Drinks.*

**D**Ecoctions or Diet-Drinks have ever been held in great esteem; much stress therefore has been laid on them in the cure of scorbutic complaints, as sweeteners of the blood. Disorders of the scorbutic kind have been so perplexing, and so little understood, that both physician and patient have been at a loss what to do, or what to prescribe; and hence we may account for the multiplicity of ingredients, and different forms of medicines, as pills, electuaries, diet-drinks, &c. and whilst the patient has been taking of these things, he was satisfied, imagining they would cure him, without ever paying the least attention to a proper regimen, so essentially necessary in the cure of those

complaints, for want of which the best remedies ever prescribed must fail.

My peculiar recommendation to a regard of what is eaten or drank, assisted with moderate exercise, I am sure renders this part of medicine (Decoctions) less necessary, and is the reason why I do not choose to trouble the patient with them, but leave it to their own discretion. At present there are three vegetable productions that claim our notice, and have from repeated experiments been found very salutary, viz. the sarsaparilla, elm bark, and Jesuits bark; (others have been recommended, though either insignificant, or hurtful to the complaint) and whoever drinks these decoctions should observe, 1st. to have them fresh made, of good and sound ingredients; 2dly, to taste palatable; and, 3dly, to drink no more than what is agreeable; for too much drink relaxes the stomach, therefore hurtful.

Guaiacum, saffrafras, sarsaparilla, and the bark, are the chief: I have tried several others, but not being satisfied with them shall not recommend them to you; for I like the most simple. Formerly it was very common to prescribe a jumble of things together, as may be seen in old Dispensatories.

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As to guaiacum, the decoction is very often recommended in any bad sores or ulcers, either venereal or scorbutic: I have made frequent trials of it, and find it too hot, especially in those complaints attended with heat and itching. It may be good sometimes to join it with sarsaparilla,\* but not alone. Sassafras is a warm ingredient, and where it is not made too strong, so as to make the head ach, is a very good substitute for breakfast, and as such I recommend it to those who do not care to be at the trouble to make any other drinks; this is the chief ingredient of what is called saloup, and sold about the streets in the morning. Whey, which is sold at the pastry-cooks, is an excellent cooling drink, and very proper in summer and spring, to be taken by those who are under a course of physic for any foulness of the blood. Sarsaparilla, elm bark, and the Jesuits bark are my favourites, on which I can rely most; the first, sarsa, I give whenever the patient

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\* As in the Lisbon diet-drink, in Dr. James's Dispensatory, the receipt is: Take sarsaparilla root, two ounces; raspings of guaiacum wood, one ounce; crude antimony reduced in powder, and tied in a linen bag; and crude mercury, each one ounce; water, three quarts; boil all the ingredients together in an earthen pot till half is wasted; take out the mercury (which will serve again) and strain off the decoction for use. This is very good for foulness of the blood, to be drank constantly.

is of a hot constitution, complaining of aches, pains, gouty or rheumatic head-achs, consumptive habits, or other bad causes. The elm bark I recommend in leprous scurvy eruptions. The bark I order where the face labours under hard pimples, flushings of the face, bad eyes, sores of the scrophulous kind, hard knotty swellings, and where there is no fever, and in nervous cases; and these I particularly recommend. I shall here set down how to chuse and make your drink: first the sarsaparilla, the root it is brought from New Spain; it consists of a great number of slender roots, about as thick as a goose-quill; it has a clammy, bitterish taste, but not disagreeable. Take of this root cut small, three ounces, and put it in a tin saucepan with three quarts of water, let it boil till one quart remains; just before you take it off you may add a little liquorice-root, or raisins of the sun, to make it more palatable. In bad cases this should be drank in twenty-four hours, that is, a quart a day; it will not keep any longer. It may be drank either warm or cold, two gills at a time.

Mr. FORDYCE, surgeon, has taken great pains to discover the efficacies of this root, and has published thirteen cases in the first volume of the Medical Observations, which I shall



I shall give a short abstract of, by way of encouragement.

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### C A S E I.

It is to be remarked that these were venereal complaints. A woman had a fore breast, the nipples corroded by a painful cancre, blotches round her breast, ulcers in her throat; after suffering most dreadfully by salivation, violent pains in her head, and taking different medicines, with strong decoction of guaiacum, and a small quantity of saffrafas and sarsaparilla, and other things for two years, she was cured by the decoction of sarsaparilla; and before she began this drink, her pains were so great that she had not slept an hour at a time for several months together. The first night, after drinking the first quart, she slept several hours; in twenty days her pains left her; in seven more her throat was well; she recovered her speech: she drank thirty-seven quarts, which restored her to perfect health from a mere skeleton.

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### C A S E II.

A man of a scorbutic habit of body, with spongy gums, had been salivated three times; he had numberless blotches on his body, and

other complaints; he was eased of his complaint by drinking a quart a day for fifty-six days: another man drank fifty bottles; and another was cured with thirty-six bottles, a quart each. He had violent pains all over his body, and was unable to stand upright, or to have his limbs moved: the first quart composed him to sleep all night; though for three months past he had not slept an hour at a time.

Several other causes are there related, which the reader may peruse, of the same nature, but too long to be inserted here. Upon the whole this author gives it as his opinion, that sarsaparilla will relieve venereal head-achs, and nocturnal pains; that in consumptive habits from venereal causes, it is a great restorer of appetite, flesh, colour, strength, and vigour.

Now as we frequently meet with scorbutic complaints bordering on the venereal, I never fail to make use of this drink, nor does it disappoint me. It is to be observed I always let the patient take the Drops before I begin with the sarsaparilla, or the bark, to see what effect that takes. As many people who are troubled with scrophulous cases are interested in this medicine, I shall dwell with pleasure on the Peruvian bark: I have



have already shewn you a great cure in the Elephantiasis, performed by the assistance of the bark. I have experienced its good effect in several cases. One person who took it for a constant drink, made weaker than usual, found surprizing benefit in a short time; three people whose disorders were as much of the Evil, if not more, than commonly met with in scorbutic cases, such as hard schirrous humours, fistulous ulcers, interspersed with scabby eruptions, which all gave way with these medicines I recommend, though it took up three or four months.

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*On the B A R K.*

**D**R. FORDYCE has laid before the public his remarks on the Jesuit's Bark, of which I shall give from the first volume of the Medical Observations, the following abstracts.

C A S E I.

A young lady, sixteen years of age, tall and thin, not having menstruated, was inoculated for the Small-pox, and recovered; only for some weeks after she had a few troublesome sores near the place where she had been inoculated; during which time she often took physic; a great part of the right parotid swelled considerably, as well as the lymphatic

lymphatic external jugular, and below the parotid. After a dose or two of calomel, she took half a dram of the Peruvian bark, with a small proportion of bulb of alum and saffrafras bark in substance, twice a day, which was washed down with a little red port, and by applying externally the fumes of hot vinegar, in a few weeks the sores dried up, the swelling vanished without breaking; she menstruated soon after; and recovered her health, with a good colour, continuing perfectly well for these three years.

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## C A S E II.

A woman, about thirty years of age, after lying-in, had several hard tumours when her milk was going off in her left breast, and under her arm-pit: there had been swellings before in the same place, but they had been healed up for two years. I did not see her till ten weeks after her lying-in, when several of those tumours were broke with a plentiful discharge: however, they were still hard, and almost cartilaginous to the touch; her nostrils were sore at the same time, and her under-lip thickened, which shewed the disorder to be scrophulous; she had tried several medicines for five weeks, but grew weaker



weaker and thinner, then went to the Neville spaw, which reduced her exceedingly.

After this I directed the bark, which at first run off by stool, but being checked, it strengthened her, and the size, hardness, and discharge of humours greatly abated; so that they gradually healed up, and she quickly recovered her flesh and colour.

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### C A S E III.

A girl, of four years old, very fair, pale, and puny, had a large hard swelling under her left ear, and along the same side of the lower jaw. She had it two months before I was consulted, and was perfectly cured in about a fortnight, only with taking the following medicines:—Take the best rheubarb, half an ounce; of Florentine oris, one ounce; of dried red roses, a dram and an half; infuse these, after they have been cut and bruised, in two quarts of small ale, and let her drink a glass of the colature twice a day with the quantity of a nutmeg, of the following electuary, viz. Take Jesuit's bark in powder, six drams; saffrafras bark in powder, two drams; make an electuary with the syrup of sugar. The swelling was anointed every day with the ointment, and strumas of Zacutus Lusitanus.

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The distemper which goes by the name of the gutta rosacea, is a redness with tubercles in the face; sometimes the nose is strangely affected with it, and becomes of an enormous size. Tho' not a dangerous disease it is often difficult to remove, and is extremely disagreeable to the fair sex. I was so much pleased to find the bark of service in this disease, that for their sakes, I shall be allowed to give a proof of its efficacy in the following case.

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#### C A S E IV.

A young woman, of a thin habit, but regular in her menstrua, temperate and healthful, eating little meat, and living mostly on vegetable food, had three years ago a breaking out of pimples, first about her nose and cheeks, and ever since about her forehead, nose, mouth, and chin. Those pimples used to rise suddenly to the size of a common pea, inflamed, and in a few days suppurated partially. One crop constantly succeeded another, which occasioned me to try various medicines, as often bleeding, purging with salts, calomel, and jalap, æthiop's mineral, and Plummer's pills: she drank many gallons of the Neville hot spaw, lime water, whey, and decoction of guaiacum; in the use of this last she



she seemed for a short time free from those eruptions, but never got clear of them. She used externally for many months the white ointment, camphorated alum, brandy, preparations of sulphur: it was observed here, that mercury was rather hurtful.

Three complete years being spent in this tedious and ineffectual course, I determined to try the bark, so gave half a dram in substance twice a day. She had not taken above half an ounce, when the inflammation in her face diminished; the pimples which were forming retired without suppuration, and no new eruption appeared: by the time she had taken three ounces, all the pimples were healed up, and her face became smooth. During the course of the bark, no external application was used, or alteration made in her diet.

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### C A S E V.

A boy, five years old, had an inflammation of the strumous kind in both eyes, which had continued for several weeks, and had produced two small ulcers in the cornea of the left eye. He was bled, blistered, and frequently purged, but found no relief; he was cured with a seton in the neck; but two years afterwards an inflammation seized the  
left

left eye, with a dimness of sight, insomuch that the boy could not bear the least glimpse of light. The child took much physic, but it no ways abated the humour. After three months he was brought again, when I perceived in the cornea, opposite to the pupil, a considerable ulcer that would have held a middle-sized vetch; the child was not able to bear the light: the seton was opened afresh in his neck, and it seemed to discharge sufficiently for above a month; yet the eye neither grew easier nor clearer. I then ordered the Peruvian bark twice a day, and a common spoonful of red Port wine after each dose, and two more spoonfuls in the day: in three weeks he took two ounces of bark. The external application was the same all along, namely, the *Aqua Ophthalmica* of the Edinburgh Dispensatory: the ulcer cicatrized, the inflammation totally disappeared in a month, and he is now well.

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### CASE VI.

A clergyman, fifty-three years of age, who had lived luxuriously, being withal inactive, and naturally indolent, grew hectic, breathed short upon motion, his legs swelled, and one of them was seized with a St. Anthony's fire, which was followed by a small sore that gleeted



gleeted plentifully, but would not heal. He took two or three doses of physic, and then began the bark, with some drops of a bitter elixir; his fore contracted and healed; the swelling of his legs subsided, he breathed free and easier, grew and looked better: he took about seven ounces of the bark in seven weeks, and continued well for some months; but being still intemperate and inactive, he relapsed. The fore broke out again in his leg, he went to Bath, but drank very little of the waters; he return'd into the country, when a bilious fever overtook him, and proved fatal.

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### C A S E VII.

A lady had enjoyed good health till about the sixty-fourth year of her age, when becoming melancholy upon the death of her only child, tumors of the size of a chesnut began to form on her legs and thighs; at first pale, and without pain, but gradually inflaming and breaking. As she would not permit them to be opened, when I first saw her, which was after she had been confined with this disorder eight months, I found her pale, emaciated, weak and low, from long pain, watchings, and a great discharge of sanies from the lower extremities, now  
grown

grown very œdematous and almost half rotten with ulcers of different dimensions, but all foetid, foul, gangrenous, and many of them very large. To mitigate her sufferings, she had been obliged at last to take the quantity of nine or ten grains of crude opium daily; she had tried mercurial alteratives, decoctions of the wood, and lime water, without any relief, and could have no stool without taking a strong purge every fourth, fifth or sixth day. As she would not submit to clysters, fomentations, with proper digestives, were ordered; at the same time she took of an electuary made of conserve of garden scurvy-grass, powders of the bark, and cuckow point compound, thrice a day, and a purging ptisan occasionally; but as frequent purging affected her strength, asses milk and Pyrmont water were directed to a pint and half daily. By the use of these and the bark as above, or along with the antiscorbutic juices to the dose of one dram, or four scruples of the bark a day, she was greatly relieved; the itching, scurfy pustules on her arms and body lessened greatly, and the swellings of her legs abated, and the sores discharged less; the matter became of a better consistence, and many of the ulcers healed. She was allowed to take the air in her coach



coach, as the weather then permitted it, and was able to reduce her dose of opium to one half. Yet the inveterate itching about the sores occasioned her scratching them so much while asleep, that the old scars would break out again, sometimes in one night's time, to the breadth of an inch. Thus, however, the sores were reduced in general to a small number and compass on both legs before the autumn. After this a cold season setting in, we were at a full stop: mild cathartics and antiscorbutics without the bark were tried, but the pain and increase of her sores convinced us soon of our error. We therefore had recourse again to the bark, when a fresh inflammation and prodigious swelling of the left leg and thigh, of the erysipelous kind, obliged us to make evacuations and fomentations: in the interim the right leg healed, but the sores on the left were very troublesome to cicatrize. The old sores often breaking, she went on with the bark to two drams most days, and towards the approach of spring, all the sores healed up. She took the bark therefore near three quarters of a year: if at any time she omitted it, the ulcers were at a stand, or discharged a gleet, and spread like a gangrene. Her not yielding to lie in bed, no doubt much retarded the cure.

cure. When the cold weather began, she left off the Pymont waters, asses milk, and made a trial of tar water, but without effect; nor indeed did any thing but the bark prevail, for the scurvy, pimples, and itching in her skin. I sent her to Buxton, where she was compleatly restored in one month, and returned quite well. After two years her sores broke out again, and an eminent surgeon of the place cured them; but not without a plentiful use of the bark, as I advised him to confide chiefly therein. *So far Dr. Fordyce.*

The bark has lain under a prejudice, and Boerhaave affirmed, that the taking too much bark was one of the causes of the Scurvy. The translator of his Aphorisms writes thus: I came to England very much prejudiced against the constant use of the bark, but I protest that I am entirely recovered of that prejudice, and think now sincerely, that there is hardly any one medicine in nature which is capable of so many good, and guilty of so few ill qualities; and particularly in this case I absolve it, as being able to induce into the blood an evenness of mixture and a solid contexture, than to break the same, which we shall see anon, is one of the most obvious causes of the Scurvy. That it was apt to  
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lay in the bones, was the opinion of the great Sydenham and Boerhaave, which has hindered it from being made use of as it deserves; but the faculty have found out their error, and now much recommend it.

Dr. FOTHERGILL has long given the bark in scrophulous disorders, and affirms, that it may not only be given with safety, but to manifest advantage in many of these cases. Inveterate ophthalmies generally yield to it, incipient glandular tumours are very frequently resolved, and their further progression stopped; swelled lips and cutaneous blotches arising from the like cause are healed, and the tendency to a strumous habit corrected by a proper use of the Peruvian bark. However, it will not succeed in all cases, though there are few in which a trial can be attended with much detriment. Dr. Fothergill gives the bark in a liquid form, viz.

Take Jesuit's bark in powder, one ounce, boil it in a quart of pure water to a pint; towards the end add liquorice root cut, half an ounce: to the colature, add of nutmeg-water, two ounces, and mix them. The dose is two, three, or four spoonfuls, with ten, twenty, or forty drops of the volatile tincture of guaiacum twice or thrice a day. A small quantity of Winter's bark powdered, or ra-

ther cascarilla, added to the medicine, gives it a grateful warmth, and renders a quantity of the compound water less necessary. A few raisins, or gum arabic, or the like, added before it is taken off the fire, by making the liquor viscid, enables it to suspend more of the fine particles of the bark, and at the same time renders it less disagreeable. This receipt will make the simple decoction, only leaving out the nutmeg water.

You must be careful when you buy your bark, if you prepare it yourselves, to have the best, otherwise you must not expect any relief. The best Jesuit's bark is of a reddish or cinnamon colour, of an aromatic taste, and not very disagreeable. It would be too tedious here to give a receipt of the various preparations and dozes of the bark, that must be suited to the patient's case.

## S E C T VIII.

### Of D I E T.

**A**S this article is the most considerable of all the non-naturals in producing diseases, so it ought to be regarded by the valetudinary and the sick in a most particular manner. It is impossible to give absolute directions



directions here, no more than in health; for to say the truth, all meats and drinks are but relatively good or bad with respect to circumstances, which are best determined by giving an eye to the tempéraments and the causes of the diseases which afflict our patients. These are the views we are to have, to prevent sickness or death.

Whenever then directions are given for the management of our patients in an absolute manner, affirming any particular meats or drinks useful or prejudicial, 'tis erring against common sense, if they add not the nature of the diet, and the disease too; and as diseases vary infinitely, nay as the same disease, having every symptom alike, varies very often in its cause, so it is impossible for a physician to determine on the diet proper in any disease, or any valetudinary state, till he considers the various causes of it, and knows from which of those causes it arises: and thus it is not in our power to assure persons, for example in a fever, what diet they ought to insist upon, till we know what species of a fever it is they labour under; nor affirm that valetudinary persons ought to observe any sort of victuals invariably, since tenderness changes as the constitution does; but that is never alike in all.

It is therefore a standing rule, that our meats and drinks ought to consist as nearly as can be of particles contrary to the cause of the disease reigning, or contrary to the temperament, if they be valetudinary or sickly; if we are appriz'd indeed what health is, and that the person is of a vigorous habit, the diet ought to be such as will continue that state.

We will now take a view of a healthy state, that we may the better understand a sickly one; the first is preserv'd and held on by a diet supplying nourishment, which in all particulars keeps up the proportion of principles in our juices, as we find them in health. The blood is a medley of salt and four, and a thousand other materials, as Hippocrates observes. But to come nearer the point, we know by analysis that there is a certain proportion of principles in a sound blood, which ought to be known to a great exactness by physicians; and if we would preserve our blood in a due tenor, we must blend our diet as near as may be in this proportion. It is very evident that our victuals consist of different parts, analogous to those in our blood. As to animals, there is no question since they digest in the same or like manner as we do. The quantity of diet for  
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the sound is best measured by their own experience, which will inform them not to eat all they can. A sound stomach craves more than it can digest, and we conclude with reason that we have exceeded in our meal, if we feel any load and belchings, &c. Nice cookery is a dangerous bait, it catches the most abstemious, and all rules are laid aside for the delicious morsel, the source of many diseases is laid in the stomach, we exceed in quantity and quality too.

We have seen already how many diseases spring from excess in diet, and nothing save sobriety, abstinence, moderation, gentle night sweats, spontaneous fluxes of indigested matter, or gentle vomiting, can prevent such persons falling into diseases; vomiting, gentle stools, and sweating, clear the guts of the superfluous load; so that by the first cholicks and gripings are prevented, and by the latter fevers and desfluxions.

Next to the quantity, we ought to be careful to choose such diet as will give the chyle no sour, no acerb, no austere, no saltish, no bitter, or no acrimonious taste, but it ought to be middling in its qualities; it should be temperate, smooth, well fermented, sweetish, juicy, soft and light, whether the meal consists of one or many dishes, it ought to be

so contrived, as when dissolved to afford chyle approaching near to milk in all its good qualities.

Thus we see how material a consideration diet is in the cure of most disorders, and particularly in gouty scorbutic complaints, and therefore a strict observance of a regimen suitable to our constitutions and complaints is strongly recommended; some have gone so far as to lay particular rules down, pointing out what may be useful, and what hurtful. Hippocrates on this head tells us, (speaking of the nature of man) to use a regimen of diet and medicine; also contrary to every age, every season of the year, every nature, and every disease, or in a few words, that contraries are the remedies of contraries. For my part there are general rules laid down, which only naming may satisfy the patient, but not myself, (such as, abstaining from fat meats, pork hard of digestion, &c.) for to me it appears extremely difficult to prescribe rules to suit all persons age, constitution, and station of life. It is very certain, in these and every other disorders much depends on the due observance of what we eat and drink; but how shall I prescribe, for what is temperance in one, may be gluttony in another, and therefore  
every



every person must be their own judge what aliment agrees with him, and that follow: and here you have a certain criterion to go by, for if the food thus eaten, causes no pain, flatulencies, crudities, oppressions in the stomach, then such food may be continued without any fear; on the other hand, if it disturbs you, to make you uneasy, heavy, so that you are obliged to fly to a cordial for relief, be ye assured it is hurtful, and must be abstained from, if you mean to enjoy better health. And here I shall name one circumstance, and a material one too, not taken notice of in general, and which only experience has taught me; that nothing breeds the Leprosy (and many other dreadful maladies) so much as that complaint of indigestion, where the food turns sour and is thrown up again in a putrid acid state, so acid as to set the teeth of an edge. This is an evil but little attended to, tho' such fatal consequences attend it; for food intended to be the nourisher of the body, becomes its poison: for let any one consider but a moment the state of this putrid matter, which corrupts the aliment taken into the stomach a few minutes after it is down, then come those sour windy risings which oblige the patient to run to wines, cordials, and

other spirituous liquors for a little help; next follow painful oppressions of the stomach, which cause a vomit, or if carried downwards, corrode the tender bowels and cause great pains there; to this cause is owing restless nights, often head-achs, frightful dreams, then fevers, foetid breath, clammy mouth in the morning, the tongue furred over, and if the tongue is thus furred over only by the steem, in what condition must your stomach be in? and I am persuaded that it is from the heat and fumes of a disordered stomach that occasions the Scurvy in the gums, and the teeth to decay; if so, how little will your essences avail till this grand point is remedied. Likewise if this putrid acid matter is conveyed into the blood, which it must be, for all parts of the body have a communication to one another: can that blood be pure which is secreted through the lacteal vessels from so foul a matter? can you wonder at those blotches and unsightly eruptions which deface the skin.

From the above complaint comes that heaviness, no will to action, dimness of sight, weakness and pains in the limbs and joints, nervous complaints, &c. for how can the out-parts of the body be strong, when they are robbed of their due proportion of nourishment



rishment, which is the strength and life of every one.

Ye fair ones who so often complain of weakness in the nerves, and fly to your smelling salts, lavender drops, and cordials to raise your spirits, mere deluding trifles, nay worse, for whilst you hope to find relief from these, you lose ground and your disorder preys on you. Nothing can give you spirits, health of body and strength, but proper food, moderately taken and well digested, assisted with exercise.

It is my belief, that all inward disorders either take their rise from defects in the stomach, or that that part of the body is the first sufferer, and there we must begin the cure. To this acid or alkaline state of the body, which I shall consider, is owing many diseases, and are known by indigestion, and instead of turning sour it lays in a putrid state, sending forth such a noxious cadaverous smell that scents the room. Hence it is when ulcers and blotches break out on the body, face, and legs they are so hard to cure; because there is a general relaxation of the whole body, and a tendency to putrefaction; and persons having a few sores on the body consider them as the cause, whereas it is only the fruit; and a strict observance of regimen

is often neglected by patients, as if their healths were only to be regained by medicines, which it cannot be: and thus the patient goes on in one repeated error, cramming one meal on another till the palsy, or some other disorder, very often seizes the unhappy, deluded patient, which terminates in sudden death, or what is worse, paralytick. Are not these things agreeable to truth, to reason and experience? if so, refrain, consult your stomach, lessen your diet till it agrees with you, and you will enjoy new life, new pleasures strangers to intemperance. To point out ills, and not endeavour to remedy, is but poor comfort to the afflicted, and therefore to correct this prevailing acid in the stomach, you must use abstinence, and in the first place, if the stomach should be foul, and a sickness or nausea attend, let a vomit be given, and repeated occasionally; then give magnesia and gentle cathartics, as the stomach purges, such as soccotrine aloes, rheubarb, the tincture of fenna, or tincture of rheubarb, sufficient to keep the body open, and expel more quickly the aliments from the stomach, and thereby prevent the food from turning sour. The Pyrmont, Spaw, Bath, Tunbridge, and other chalybeate waters are excellent, as being light, strengthening



ing drinks. The Universal Antiscorbutic Drops are of infinite service in these complaints; as by their assisting digestion, prevent the food from laying so long as to become acid, and thereby answer all the ends derived from those stomach purges, which by their irritation or not being properly dosed to the constitution, often weakens the body too much. The Jesuit's bark is an excellent strengthener of the nerves and stomach.

Persons who are subject to the piles should not take aloetic medicines too irritating.

Whilst the stomach is in this acid state, let no tea, or very little be drank: butter is extremely hurtful; so are all fat meats, for they relax and clog the stomach, or turn oily of a rancid acrimony; so as to corrode the fibres, and cause twitches, and sometimes convulsions; for oily and fat substances commonly elude the force of action of animal digestion, especially in such as have little exercise and weak stomachs; for their parts attract one another, and unite more strongly than any other substances. Malt liquors of a due age are the best for common drink. If upon drinking you find it turns sour, or windy, refrain for the present.

Drams or cordials people frequently fly to, because they seem to give present relief in  
acid

acid complaints, but beware of them, they are deceitful and pernicious to the last degree; for spirituous cordials contract, harden and consolidate many fibres together, abolishing many vessels or canals in the body, especially where the fibres are the tenderest as in the brain, by which quality they destroy the memory and intellectual faculties, abrade and wear off the villous coat of the stomach, and thereby expose its nervous coat to the insults of the most fiery, corroding, saline and caustick particles of the spirits, by which means the springiness or elasticity of the fibres is so weakened, that the whole stomach becomes at last soft, flabby and relaxed: hence loss of appetite and an inability to digest the small quantity of food that is taken in; whence arise crudities, nausea, vomitings, tremours, nervous convulsions, consumptions, dropies; likewise gout, scurvy, rheumatism, raging fevers and pleurifies, which for the most part nothing but death alone can remove.

The stomach which is weakened by excess in drinking spirituous liquors, or acids, is relieved by drinking Bath or Bristol waters. Hot water relaxes; cold braces the stomach and weakens the acidity sooner than any other liquor, and sits lighter on the stomach;



mach: broth to acid or weak stomachs is very bad, it is seldom down long before it turns rank and sour, and it is vomited up again. Grief and vexation produce acid, sour, vomitings and much phlegm, because it sinks the spirits, weakens the stomach, and renders the whole body listless.

Dry food is better than moist, roast meat than boiled; even tea, coffee and chocolate will not agree until the stomach is strengthened: tea is often blamed that it weakens the nerves, when it is rather owing to drinking so much; as hot water will relax. There is an error not much taken notice of which is prejudicial to health, which is of letting a tea-kettle boil half an hour or an hour before it is used for tea, whereby all the fine soft particles of the water are evaporated in the steam, and what is left behind is hard and phlegmy, and spoils the tea: for in distilling the best comes over first, leaving the other unfit for use. Are not children fed oftener than nature requires, which breeds those acids, the grand destroyers of children, which is known by their stools, fevers and fits; their convulsion-fits are relieved by a tea-spoonful of the assafoetida tincture mixed with a tea-spoonful of water: the forcing open their hands is very wrong, it does no service, but strains

strains them; if you can make them vomit or purge the danger is over: an issue when grown up is the best preventative if the spasms do not arise from acids; if from acids, give magnesia. It is well known that acids destroy metals, as copper and silver.

Acids are so powerful as to extract the green colour out of a plant in the stomach presently; therefore is it any wonder they corrode the nervous parts of the stomach and bowels? The acid matter that is thrown from the stomach will often turn silver black.

Food, meats or beer, should never be taken when a person is overheated by walking, or other violent exercise; a little spirits, or wine and water, the best coolers. Hasty exercise immediately after meals is bad for weak stomachs.

As acidity is not the natural state of the fluids in an animal body, but introduc'd into the habit by food, so it is to be cured by aliments of a contrary quality, such as vegetables, meats, fish taken in moderation, after abstinence and proper medicines. Water, with a few bitters, by its diluting quality, subdues the power of acids, and is good after dinner. Strong, fermented liquors are extremely hurtful in acid complaints.

Spirits, so often had recourse to to alleviate these complaints, are no digesters; they rather



ther preserve the food in a solid state, which may be known by putting a piece of raw flesh in spirits; whereas water is the true digester, and will mollify, divide, and destroy the particles. Spirits absorb fat, which makes people call for them after eating strong food which is apt to rise in the stomach.

A traveller will go further on a piece of bread and a dram, than on any other food in the day-time, as they are light and warm to the stomach.

Excess in meat and drink is to be avoided, for a little food well digested and assimilated preserves the body stronger and more vigorous than superfluity.

We should not eat because the customary time is come, unless our appetites be so too; for to load the stomach with a fresh supply, upon a semi-digestion of the former meal, causes crudities and a foul stomach, which must overload the blood, and thereby produce diseases.

It is better to eat twice a day with moderation, than to make one over-large meal, tho' one abstains double the time for compensation; however, if one transgresses at any meal, let such abstain from the next, or let it be a very slender one. Variety of meats and made dishes destroy a multitude  
of

of people; for they prolong the appetite far beyond what nature requires, and by that means overcharge the stomach: besides, different meats have different qualities, and some are sooner digested than others, whence arise crudities and a depraved digestion; therefore we ought to avoid feasts and banquettings as much as possible, for it is more difficult to refrain from good and delicate cheer when present, than from the desire of it when away.

The same rules for eating serve also for drinking, the chief intention of which is to allay thirst, to moisten and convey the food into the stomach, and the nutriment thereof into the respective parts of the body; to dilute the blood, and dissolve the superfluous salts and carry them off by perspiration and urine.

It is very prejudicial to eat and drink too much, or fast too long, or do any thing else that is preternatural; for whoever eats or drinks too much must be sick, or vitiate his juices at last. Growing persons have a great deal of natural heat, therefore they require a great deal of nourishment, otherwise the body will gradually waste.

Hippocrates says, that a person cannot be healthy and digest his food well, without labour,



bour, and that the quantity and quality of diet must bear a due proportion to the labour.

When a person is sick or distemper'd, his meats should be of contrary qualities to his disease; for health itself is but a kind of temper gotten and preserved by a convenient mixture of contraries. Fat meats are only good for dry stomachs, for in sanguine and choleric stomachs they are soon corrupted, and in phlegmatics they procure looseness and hinder retention.

The quantity of food that is sufficient, the stomach can perfectly concoct, and answers to the due nourishment of the body; hence it is evident that we may eat a greater quantity of some meats than of others of a more hard digestion.

If a person is dull and heavy after meat, it is a sign he has exceeded the due measure, for meat and drink ought to refresh the body, and make it chearful; and not dull and oppress it.

Pass not immediately from an irregular life to a strict and precise one, but by degrees, for ill customs come by degrees, and are to be wore off gradually; for all sudden alterations in extremes, either of repletion, evacuation, heat or cold, are dangerous.

Acids taken in too great a quantity, especially such as are austere, as unripe fruits, produce too great a constriction of the fibres and thicken the fluids; hence pains, rheumatism and gout, paleness, itch, and other eruptions on the skin.

Spices taken in too great quantities produce thirst, dryness and heat, quicken the pulse, accelerate the motion of the blood, and dissipate the fluids; hence leanness, pains in the stomach, loathings and fevers.

Strong liquors, especially distilled spirits, taken in great quantities, intoxicate, contract, harden, dry, and stimulate the fibres, and coagulate the fluids; they likewise corrode and destroy the inward coat of the stomach and intestines.

An oily nourishment relaxes the solids, and particularly the stomach and intestines; it creates foul belchings, loathings, oily and bitter vomitings, obstructs the capillary vessels, by hindering the entrance of the watery and fluid part, with which it will not mix; it produces thirst and inflammations.

The older people grow, the less food is required. Ancient people require a diet resembling that of children, often repeated, and a little at a time, emollient and diluting, with a little wine sometimes; because in old  
age



age the fibres harden; many canals or vessels are abolished, and the solids grow together, from whence arises dryness, weakness, immobility, debility of the vital force of digestion, loss of teeth, and deprivation of chewing.

Persons who take but little exercise should make light suppers, or have none; for digestion is much more effectually and expeditiously performed in the day-time, or when we are awake, than in the night, or during sleep, because while we wake we breathe thicker, and the whole body is more exercised, and the stomach is oftener compress'd. It also follows, that by gentle walking, or while we exercise ourselves in any moderate motion, digestion is more effectually and expeditiously performed than while we sit in idleness and without motion, and still much better than when we sit at hard study, because by this the mind is so diverted, that our respiration then is rarer even than in our sleep, and the muscles are thereby less contracted; and that we digest better in winter than in summer is also a confirmation hereof; because in the winter, to drive away cold, we are often put upon exercises and greater activity of the body than in the summer season, as likewise because the muscles

and solid parts are more tense, and consequently stronger in their contraction and attritions. And further, in the winter and spring we require a greater quantity of solid food and less drink than in the summer and autumn; because in the cold season our stomachs are hottest, and we sleep a great deal more, for as the cold increases, so our heat for the most part recedes to the central parts of the body; and the reason we require less drink in winter is, that then our bodies are moister, like the seasons, and likewise that the cold hinders the watery vapours to be perspired, and so turn into humours in the body; but in summer what is wanting in meat, or solid food, may be taken in drink and moist cooling nourishment; for then the body is dry, and the inward heat is distributed through all the parts thereof, and perspiration is so considerably increased by the external heat, that the watery vapours, or effluvia, are exhaled and carried off through the pores.

An alkaline constitution of the fluids in a human body, is opposite to the acid and abounds with alkaline salts, and though no animal unputrified, when burnt produces any alkaline salt, yet being putrified it produces a volatile alkali, so that in a sound animal



animal no true alkali is found; but when an animal degenerates from a true state of health by such diseases or food as increases the attrition and heat of the fluids, the animal salts that were before mild and benign, now become almost of an alkaline nature; for found human blood when first drawn is so mild as not to make an eye or a fresh wound smart, but let it stand in a degree of heat equal to that of a human body, and it will grow foetid in three days time, and produce a volatile rancid oil, as likewise a volatile alkaline salt, which will ferment with acids; so that the blood in the vessels after it has passed through almost infinite degrees of circulation, may come to that state at last: which is the case in pestilential and malignant fevers, where neither the strength of nature or art can prevail to save the life of the individual; all the animal substances being deprived of life and exposed to the air, turn presently alkaline of their own accord, and consequently will soon putrify.

The causes of such a constitution are commonly a plentiful and constant use of animal diet, such as fish and flesh, and all vegetables which abound with an acrimonious salt, such as mustard, onions, spices, &c. likewise a plentiful use of salts in general; for all

animal salts are alkaline, and though rock and sea-salts are of a mixed nature, yet they increase the disorder.

The symptoms of such a constitution in any great degree are heat, thirst, foul belchings, foulness of the tongue and palate, a bitter and hot taste in the mouth, sickness, loathing, bilious vomitings, stools with a cadaverous smell, pains in the belly: besides, such a state dissolves the blood and disposes it to putrefaction, hinders nutrition, and likewise the blood turning acrimonious, corrodes the vessels, produces hæmorrhages, eruptions on the skin, dark, livid, lead-coloured, and of a gangrenous nature; and likewise a hot Scurvy, and almost all distempers of the inflammatory kind, particularly fevers.

The diet of such persons ought to be a plentiful use of acid substances, such as much bread and seasoning of vinegar and all other acids, without spices, and live much upon food made of grain or mealy substances.

Seeing mankind is so liable to an acid, or an alkaline state of body, which is the nurse of so many ills, and destroys numbers, how careful ought every one to be to endeavour to rectify his appetites, and reduce them to nature's wholesome laws, instead of vainly  
endeavouring



endeavouring to force nature to comply with our unruly passions; so shall we escape much of those diseases which we shudder at, as Scurvys, Gout, Leprosy, Fevers, &c. and as temperance in diet is what I have so strongly inculcated through the whole, I cannot close this chapter without adding a few remarks on the benefit of temperance, and the opinion of men famous for their good understanding. First, a temperate diet preserves from diseases in general, for such are seldom ill, but when they are they bear it better and are sooner recovered. Secondly, it lengthens life, and mitigates the agonies of death. Thirdly, it arms the body against external accidents, such as heat, cold, labour; and if afflicted with wounds, dislocations, or bruises, they are much sooner and easier cured. Fourthly, it maintains the senses intire and vigorous, and moderates peoples passions and affections. Fifthly, it preserves the memory, and sharpens the wit and understanding.

GALEN says, that those of a weak constitution from their mother's womb, may attain to an extreme old age by help of a sober and moderate course diet, and that too without much diminution of senses, or sickness of body.—Galen by using a proper diet  
after

after 27 years of age, lived to a 100 years of age with only one days illness.

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[ SAYINGS *and* SENTIMENTS *of* WISE MEN, *on* EXCESSES *in* EATING *and* DRINKING.

HIPPOCRATES.

**I**F a man eats little and drinks little, he brings no disorder upon himself.

It is very injurious to health to load the body with more food than it is able to bear, and use no exercise to carry off this excess.

It is also prejudicial to swallow a variety of heterogeneous food; for the discordant qualities of such dissimilar aliment create intestine commotion, and are digested, some sooner, others later.

SOCRATES.

Nature's real wants are few; but the cravings of Fancy are infinite.

CICERO.

Temperance is the source of great peace and tranquillity to men, for it brings their desires and aversions under the laws of reason.

SENECA.

Inebriety is nothing else than a voluntary insanity.



Sir WILLIAM TEMPLE.

O temperance, thou virtue without pride, and fortune without envy. That givest indolence of body, and tranquillity of mind. The best guardian of youth, and support of old age. The precept of reason as well as religion, and physician of the soul as well as the body. The tutelar goddess of health, and universal medicine of life. That clears the head, and cleanses the blood. That eases the stomach, and purges the bowels. That strengthens the nerves, enlightens the eyes, and comforts the heart; in a word, that secures and perfects digestion, and thereby avoids the fumes and winds, to which we owe the cholic and spleen, those crudities and sharp humours, that feed the scurvy and gout, and those slimy dregs, of which the gravel and stone are formed within us — diseases to which mankind is exposed rather by the viciousness than by the frailty of our nature; and by which we often condemn ourselves to greater torments and miseries of life, than have perhaps been yet invented by anger or revenge, or inflicted by the greatest tyrants upon the worst of men.

ADDISON.

It is said of Diogenes, that, meeting a young man who was going to a feast, he took him  
up

up in the street, and carried him home to his friends, as one who was running into imminent danger, had not he prevented him. What would that Philosopher have said, had he been present at the gluttony of a modern meal? Would not he have thought the master of a family mad, and have begged his servants to tie down his hands, had he seen him devour fowl, fish, and flesh; swallow oil and vinegar, wines and spices; throw down sallads of twenty different herbs, sauces of an hundred ingredients, confections and fruits of numberless sweets and flavours? What unnatural motions, and counter-ferments must such a medley of intemperance produce in the body? For my part, when I behold a fashionable table set out in all its magnificence, I fancy that I see gout and dropsies, fevers and lethargies, with other innumerable distempers, lying in ambuscade among the dishes.

Temperance, says Mr. Addison, has those particular advantages above all other means of health, that it may be practised by all ranks and conditions, at any season and in any place. It is a kind of regimen into which any man may put himself, without interruption to business, expence of money, or loss of time. If exercise throws off all superfluities,

temperance



temperance prevents them; if exercise clears the vessels, temperance neither fatiates nor overstrains them; if exercise raises proper ferments in the humours, and promotes the circulation of the blood, temperance gives Nature her full play, and enables her to exert herself in all her force and vigor; if exercise dissipates a growing distemper, temperance starves it.

HOFFMAN.

Intemperance may be properly termed the executioner of mankind (*generis humani carnifex.*)

Dr. CADOGAN.

However common it may be for men, that suffer, to complain of the evils of life, as the unavoidable lot of humanity, would they stop but for a moment to consider them in the light of reason and philosophy, they would find little or no foundation for them in nature; but that every man was the real author of all or most of his own miseries. Whatever doubts may be entertained of moral evils, the natural, for the most part, such as bodily infirmity, sickness, and pain; all that class of complaints which the learned call chronic diseases; we most undoubtedly bring upon ourselves by our own indulgences.

Dr.

Dr. PRICE.

I have represented, particularly, the great difference between the probabilities of human life in towns and country parishes; and from the facts I have recited, it appears, that the further we go from the artificial and irregular modes of living in great towns, the fewer of mankind die in the first stages of life, and the more in its last stages. The lower animals (except such as have been taken under human management) seem in general to enjoy the full period of existence allotted them, and to die chiefly of old age: and, were any observations to be made among savages, perhaps the same would be found to be true of them. Death is an evil, to which the order of Providence has subjected every inhabitant of this earth; but to man it has been rendered unspeakably more an evil than it was designed to be. The greatest part of that black catalogue of diseases which ravage human life, is the offspring of the tenderness, the luxury, and the corruptions introduced by the vices and false refinements of civil society. That delicacy which is injured by every breath of air, and that rottenness of constitution which is the effect of intemperance and debauchery, were never intended by the Author



thor of nature; and it is impossible that they should not lay the foundation of numberless sufferings, and terminate in premature and miserable deaths. Let us then value more the simplicity and innocence of a life agreeable to Nature, and learn to consider nothing as savageness but malevolence, ignorance, and wickedness. The order of nature is wise and kind. In a conformity to it consist health and long life; grace, honour, virtue, and joy. But nature, turned out of its way, will always punish. "The wicked shall not live out half their days." Criminal excesses embitter and cut short our present existence, and the highest authority has taught us to expect, that they will not only kill the body, but the soul, and deprive us of an everlasting existence.

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## SECT. IX.

### Of EXERCISE.

**M**ANY people look upon the necessity man is under of earning his bread by labour as a curse. Be this as it may, it is evident from the structure of the body, that exercise is not less necessary than food for the preservation of health. Those whom  
poverty

poverty obliges to labour for daily bread, are not only the most healthy, but generally the most happy part of mankind. Industry serves them instead of physic. This is peculiarly the case with those who live by the culture of the ground. The great increase of inhabitants in infant colonies, and the common longevity of such as follow agriculture every where, evidently prove it to be the most healthful as well as the most useful employment.

The love of activity shews itself very early in man: so strong is this principle, that a healthy youth cannot be restrained from exercise, even by the fear of punishment. Nature implants no disposition in vain. It seems to be a catholic law throughout the whole animal creation, that no creature without exercise should enjoy health, or be able to find subsistence; every creature, except man, takes as much of it as is necessary; he alone, and such animals as are under his direction, deviate from this original law, and they suffer accordingly.

Inactivity never fails to induce an universal relaxation of the solids, which disposes the body to innumerable diseases. When the solids are relaxed, neither the digestion, nor any of the secretions can be duly performed.



formed. In this case the worst consequences must ensue. How can such persons who loll all day in easy chairs, and sleep all night on beds of down, fail to be relaxed? Nor do such mend the matter who never stir abroad but in a coach, sedan, or such like. These elegant pieces of luxury are become so common, that the inhabitants of great towns seem to be in some danger of losing the use of their limbs altogether.

Glandular obstructions, which are now so common, generally proceed from inactivity. These are the most obstinate of all maladies. So long as the liver, kidneys, and other glands duly perform their functions, health is seldom impaired; but when they fail, nothing can preserve it. Exercise is almost the only cure we know for glandular obstructions; indeed it does not always succeed as a remedy, but there is reason to believe that it would seldom fail to prevent these complaints, were it used in due time. One thing is certain, that amongst those who take sufficient exercise, glandular diseases are very little known, whereas the indolent and inactive are seldom free from them. Weak nerves are the constant companions of inactivity.

Nothing but exercise and open air can brace and strengthen the nerves, or prevent the endless train of diseases which proceed  
from

from a relaxed state of these organs. We seldom hear the active or laborious complain of nervous diseases; these are reserved for the sons of ease and affluence. Many have been compleatly cured of these disorders, by being reduced from a state of opulence to labour for their daily bread. This plainly points out the sources from whence nervous diseases flow, and the means by which they may be prevented.

It is absolutely impossible to enjoy health where the perspiration is not duly carried on; but that can never be the case where exercise is neglected. When the matter which ought to be thrown off by perspiration is retained in the body, it vitiates the humours, and occasions the gout, fevers, rheumatisms, &c. Exercise alone would prevent many of these diseases which cannot be cured, and would remove others where medicine proves ineffectual.

A late author,\* in his excellent treatise on health, says, that the weak and valetudinary ought to make exercise a part of their religion. We would recommend this, not only to the weak and valetudinary, but to all whose business does not oblige them to take sufficient exercise, as sedentary artificers, shopkeepers, studious persons, &c. such ought

to

\* Cheyne.



to use exercise as regularly as they take food. This might generally be done without any interruption to business, or real loss of time.

No piece of indolence hurts the health more than the modern custom of lolling abed too long in a morning. This is the general practice in great towns; the inhabitants of cities seldom rise before eight or nine o'clock; but the morning is undoubtedly the best time for exercise, while the stomach is empty, and the body refreshed with sleep; besides, the morning air braces and strengthens the nerves, and in some measure answers the purpose of a cold bath. Let any one who has been accustomed to lie abed till eight or nine o'clock, rise by six or seven, spend a couple of hours in walking, riding, or any active diversion without doors, and he will find his spirits chearful and serene through the day, his appetite keen, and his body braced and strengthened. Custom soon renders early rising agreeable, and nothing contributes more to the preservation of health.

The inactive are continually complaining of pains in the stomach, flatulencies, indigestions, &c. These complaints, which pave the way to many others, are not to be removed by medicines, they can only be cured

by a vigorous course of exercise, to which they seldom fail to yield.

Exercise, if possible, ought always to be taken in the open air; when that cannot be done, various methods may be contrived for exercising the body within doors, as dancing, fencing, &c. It is not necessary to adhere strictly to any particular kind of exercise; the best way is to take them by turns, and to use that longest which is most suitable to the strength and constitution. Those kinds of exercise, which give action to most of the bodily organs, are always to be preferred, as walking, running, riding, digging, swimming, and such like.

It is much to be regretted, that active and manly diversions are now so little practised. Diversions make people take more exercise than they otherwise would do, and are of the greatest service to such as are not under the necessity of labouring for their bread. As active diversions lose ground, those of a sedentary kind seem to prevail. Sedentary diversions are of no other use but to consume time: instead of relieving the mind, they often require more thought than either study or business; every thing that induces people to sit still, unless it be some necessary employment, ought to be avoided.



The diversions which afford the best exercise, are hunting, shooting, playing at cricket, hand-ball, &c. &c. These exercise the limbs, promote perspiration, and the other secretions; they likewise strengthen the lungs, and give firmness and agility to the whole body.

Such as can ought to spend two or three hours every day on horseback; those who cannot ride should employ the same time in walking. Exercise should never be continued too long. Over fatigue prevents the benefit of exercise, and weakens instead of strengthening the body.

Every man should lay himself under some sort of necessity to take exercise. Indolence, like all vices, when indulged, gains ground, and at length becomes agreeable. Hence many who were fond of exercise in the early part of their life, become quite averse to it afterwards. This is the case of most hypochondriac, and gouty and scorbutic people, which renders their diseases in a great measure incurable.

In some countries laws have been made, obliging every man, of whatever rank, to learn some mechanical employment. Whether such laws were designed for the preservation of health, or the encouragement of

manufactures, is a question of no importance. Certain it is, that if Gentlemen were frequently to amuse and exercise themselves in this way, it might have many good effects; they would at least derive as much honour from a few masterly specimens of their own workmanship, as from the character of having ruined most of their companions by gaming and drinking: besides, men of leisure, by applying themselves to the mechanical arts, might improve them to the great benefit of society.

Indolence not only occasions diseases, and renders men useless to society, but promotes all manner of vice.

To say a man is idle, is little better than calling him vicious. The mind, if not engaged in some useful pursuit, is constantly in quest of ideal pleasures, or impressed with the apprehension of some imaginary evil: from these sources proceed most of the miseries of mankind. Certainly man was never intended to be idle; inactivity frustrates the very design of his creation, whereas an active life is the best guardian of virtue, and the greatest preservative of health.



## S E C T. X.

*Of the A I R.*

**T**HIS element is of great moment to mankind, that as we can't live many minutes without it, a physician should give exact cautions to his patients in the choice of it, in health how to preserve it, and in sickness how to recover their vigour, and to contrast with the distemper they labour under: but this cannot be effected without taking a view of the qualities of the air, and also of the nature of diseases. 'The air is a composition of many particles floating in a subtle medium; to be pure and sincere, it should be often purged with winds from its noxious vapours; it should be now and then watered with gentle rains, in order to wash down the salts abounding in it; it should be temperate, that is, neither inclining to heat nor cold; it should be heavy to a certain pitch; it should have no corruption in it, drawn up to it from the earth, or any neighbouring places: such an air is fit for healthy people to breathe in; such air stretches the lungs, fills all the vesicles, and so sets the blood forward in its due course; it therefore assists in promoting perspiration, and in preserving health.

health. The advantages of respiration and perspiration are such to mankind, that nothing but death and diseases must ensue on any deficiencies in them; and as it mingles with our spittle, it also has some share in creating or destroying our appetite.

The two most remarkable properties of the air, are its weight and its elasticity, by which it rushes into all corners; the more weightier it is, the less it acts by its elasticity; cold increases its weight, and heat its elasticity: these distinct powers therefore are equal, but contrary. By these powers it is that the air rushes into the trachea, bronchiæ, and vessels of the lungs, and blows them up, so that the circulation may succeed with ease; the blood upon their sinking is compressed, and broken into small globules, and is driven into the left ventricle, which sends it into the whole body. If respiration then goes successfully on, the blood is received and returned; it is prepared to enter the minutest vessels, and by this mechanism, as one of the chief, we are continued in life.

Perspiration is a consequence of a regular circulation; the pores are fram'd for exhaling the steams of our warm and rarified blood, which are so numerous, as to hurry  
on



on dangerous diseases upon their retention, particularly if we feed plentifully. And the air contributes to create or destroy our appetites, because it is evident by many experiments, that the air contains an acid spirit. 'Tis this spirit which mixes with the salt of lime in walls; it is this spirit in the air which makes our brass locks and hinges turn green, by extracting the verdigrease; 'tis this spirit which enters the vitriol exposed, after we have drain'd it of its oil, and makes it, upon re-distillation, afford an acid spirit again; and therefore it is this spirit which gives citizens keener appetites in the country than they have in town; it mingles with their spittle, and is swallowed plentifully into the stomach, it twitches it, and gives them a sensation of hunger; and the smoak in cities blunting this quality of the air, makes their appetites less keen. A pure air, therefore, is simply necessary for life; it keeps our fluids in due order, that they may not be too much rarified, nor too compact, that they may be push'd forward into the utmost recesses of the body, that by motion they may be divided into minute particles, and may thereby be prepared to enter into strainers fitted to receive them. It helps to make our fibres duly elastick, by which force the fluids are

regularly returned; and, in short, we advise this air to all who are, or desire to continue in a perfect state of health. However, as such air is hardly found any where, it is impossible to avoid sickness long, unless we recompence the damage received from the foulness, or other bad qualities of it, by some one or other of the non-naturals. This skill we gain by experience, which however is best learned out of the books of physicians treating on these subjects. Every country has some properties of air inconvenient for health; for some are too hot, others too cold, others are fenny, whilst others are mountainous, all which differences give rise to some disorder or other, which if not regarded, and amended by the rest of our non-naturals, we must of necessity suffer for it; and when we are under the lash, and disabled from relieving ourselves by such a regimen, we must then change into an air stock'd with qualities contrary to the nature of our disease.

Wherever great numbers of people are crowded in one place, if the air has not a free current, it soon becomes unwholesome. Hence it is that delicate persons are so apt to turn sick or faint in crowded churches, assemblies, or any place where the air is exhausted



hausted by breathing, fires, candles, or the like.

In great cities so many things tend to pollute the air that it is no wonder it proves so fatal to the inhabitants. The air in cities is not only breathed repeatedly over, but is likewise loaded with sulphur, smoke and other exhalations, besides the vapours continually arising from innumerable putrid substances, as dunghills, slaughter-houses, &c. All possible care should be taken to keep the streets of large towns open and wide, that the air may have a free current through them; they ought likewise to be kept very clean, nothing tends more to pollute and contaminate the air of a city than dirty streets.

It is very common in this country to have church-yards in the middle of populous cities: whether this be the effect of ancient superstition, or owing to the increase of such towns, is a matter of no great consequence. Whatever gave rise to the custom, it is a bad one; it is habit alone which reconciles us to these things, by means of which the most ridiculous, nay pernicious customs often become sacred: certain it is, that thousands of putrid carcases so near the surface of the earth, in a place where the air is confined, cannot

cannot fail to taint it; and that such air when breathed into the lungs, must occasion diseases.

Burying within churches is a practice still more detestable. The air in churches is seldom good, and the effluvia from putrid carcases must render it still worse; churches are commonly old buildings with arched roofs, they are seldom open above once a week, are never ventilated by fire and open windows, and rarely kept clean; this occasions that damp, musty, unwholesome smell which one feels upon entering a church, and renders it a very unsafe place for the weak and valetudinary. These inconveniences might in a great measure be obviated by prohibiting all persons from burying within churches, by keeping them clean, and permitting a stream of fresh air to pass frequently through them by opening opposite doors and windows.

The various methods which luxury has invented to make houses close and warm, contribute not a little to render them unwholesome; no house can be wholesome unless the air has a free passage through it, for which reason houses ought daily to be ventilated by opening opposite windows, and admitting a current of fresh air into every room.



room. Beds instead of being made as soon as people rise out of them, ought to be turned down and exposed to the fresh air from the open windows through the day: this would expel any noxious vapour, and could not fail to promote the health of the inhabitants.

Many people who have splendored houses chuse to sleep in small apartments. This conduct is very imprudent; a bed-chamber ought always to be well aired, as it is generally occupied in the night only, when all doors and windows are shut. If a fire be kept in it the danger becomes still greater, numbers have been stifled when asleep by a fire in a small apartment.

Those who are obliged on account of business to spend the day in close towns, ought if possible to sleep in the country; breathing free air in the night will in some measure make up for the want of it through the day. This practice would have a greater effect in preserving the health of citizens than is commonly imagined.

Delicate persons ought as much as possible to avoid the air of great towns, it is peculiarly hurtful to the asthmatic and consumptive; such persons should shun cities as they would do the plague: the hypocondriac  
are

are likewise much hurt by it. I have often seen persons so much afflicted with this malady while in town that it seemed impossible for them to live, who upon being removed to the country were immediately relieved. The same observation holds with regard to nervous and hysteric women. Many people indeed have it not in their power to change their situation in quest of better air; all we can say to such persons is, that they should go as often abroad into the open air as they can, that they should admit fresh air frequently into their houses, and take care to keep them very clean. Proper attention to *air* and *cleanliness* would tend more to preserve the health of mankind than all the endeavours of the faculty. If fresh air be necessary for those in health, it is still more so for the sick, who often lose their lives for want of it. The notion that sick people must be kept very hot is so common, that one can hardly enter the room where a patient lies without being ready to faint, by reason of the suffocating smell. How this must affect the sick any one may judge.

No medicine is so beneficial to the sick as fresh air; it is the most reviving of all cordials if it be administered with prudence: we are not however to throw open doors  
and



and windows at random upon the sick, fresh air is to be let into the chamber gradually, and if possible by opening the windows of some other apartment. The air of a sick persons chamber may be greatly freshened, and the patient much revived by sprinkling the floor, bed, &c. frequently with vinegar, juice of lemon, or any other strong vegetable acid.

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## S E C T. XI.

### *Observations on the Gout.*

**T**HE disorder termed the Gout is difficult to cure, and occasions exquisite pain and uneasiness to the patient, and trouble and perplexity to the physician to discover the nature, cause, and a remedy for this excruciating malady; books upon books have been wrote in different ages by men of ingenuity and learning, and much practice without the desired amendment, as might reasonably be hoped for from their abilities and experience; that I am almost disheartened from throwing in my mite, did not the desire of relieving preponderate, therefore shall give my thoughts on the subject, crude and barren as they are.

This

This baneful, this inauspicious term, Gout, conveys the idea of pains and swellings, as the word Scurvy does of irritations and blotches. The Gout is a disorder of very ancient date, and falling on persons of rank and fortune is looked on as a respectable complaint. A sameness of symptoms before the fit comes on in this disease runs through all ages, as indigestion, drowsiness, wind, a slight head-ach, sickness, and sometimes vomiting, a weariness and dejection of spirits, a pain in the elbow and finger ends, like a numbness; and in the limbs with a sensation as if wind and water were passing down the thigh, which is succeeded by a shivering; afterwards the pain increases, and fixing among the small bones of the foot, the patient feels all the different kinds of torture as if the part was stretched, burnt, squeezed, gnawed and torn in pieces, and the great toe is a remarkable sufferer. It attacks aged persons, or those in the meridian of life, who have lived in ease and voluptuousness, and a too free use of wine and spiritous liquors; also studious persons who take but little exercise. On the contrary it seldom disturbs the poor, industrious, labouring man, for it is remarked that the Gout infests the rich, particularly those who live in luxury, and some



some of these have been cured when by unfortunate accidents they have been deprived of their riches, and obliged to gain a living by industry, with the sweat of their brows; for if any thing depraved happens to be in the humours from an imperfect assimilation, labour and bodily exercise will either subdue it, or expel it altogether out of the body. A ploughman devours with eager appetite the coarsest bread and bacon, which would be a grievous load upon the stomach of one who lives a studious and sedentary life; hence it is that we find those who apply too much to study and books, neglecting bodily exercise, so very often afflicted with this distemper: hence it is that old people are so often gouty as their bodies through years are less agile, and rendered unfit to go through the necessary fatigues as formerly, for their vessels grow together and become callous; hence all the functions depending on the free motion of the most subtle humour through the smallest vessels, will begin by degree to be away, while at the same time the other humours will degenerate into a cold phlegmatic depravity, until at last the circulation of the liquids fall solely to the share of larger vessels, which are at length changed into a cartilaginous,

nay

may even a bony hardness, and thus can neither be any longer distended by the impulse of the liquids, nor of course have any re-action upon the liquids again, so that death must be the consequence of old age even in people of the most healthiest constitutions.

The feet are the genuine true seat of the peccant matter in the Gout: (which may fix on other parts, as is known by a pain in the elbows, or in the fingers, which seem cramped or numbed.) Now if we consider with how much difficulty the liquids pass through these parts, which are generally first attacked by this disease, we may form no improbable notion why the Gout is observed for the most part to begin in the feet, for these suffer a very great pressure upon the parts about the heel, having the weight of the whole body to sustain, and being far removed from the source of circulatory motion, the heart, they are subject to cold and moisture, and the liquids that are brought down to them through the arteries by course of circulation, ascending through the veins again, have the general effort of gravitation to overcome. All these things plainly demonstrate how easily matter of one kind or other may be retained and collected



lected at these places; and if at the same time we consider the number of ligaments, tendons, and other parts, which appear from anatomical injections to have vessels of incredible minuteness, we shall be at no loss to comprehend how numerous the obstacles are to a free circulation of the humours: that it is a humour that occasions the pain is beyond a doubt, and though we feel it generally in the foot or the great toe at first, yet the cause must have pre-existed in the body before that time, so that the pain in the foot which rages and burns is not the Gout, but the effects of the humour throwed on the feet by the laws of gravity, and by the force of nature: and therefore if the whole humours of the body be there collected, and fall on the ligaments and articulation of the bones of the foot, twitching the nerves and tendons so exquisitely sharp and painful that it can only be compared to the gnawing of a dog; and sometimes a weight and constriction of the membranes of the part afflicted become so exquisitely painful as not to endure the weight of the cloaths, nor shaking of the room from persons walking briskly thereon; we shall not be at a loss to account for this uncommon pain, and why it is so severely felt in the

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foot.

foot. I have known a person seized with a hard swelling attended with pain and itching on his right leg, the outside of the calf; this continued three days, and descended two inches lower, and so on by degree to the foot, attended with those disagreeable, painful sensations which confirmed it to be the Gout.

### *The CAUSE.*

WHEN persons are first seized with this disorder they are generally congratulated by others, and it is made a laugh of, that few care at first to acknowledge what their fears too true prognosticate; and instead of using proper means to get rid of it, they often nurse the disorder by inactivity, and by paying attention to the feet only (where it is most felt) neglecting an enquiry into the cause, which I am persuaded is the same in a great measure as in the Scurvy, viz. from inactivity and intemperance; eating and drinking what is not suitable to our natures, and what the stomach cannot digest; and by continually forcing a greater quantity of matter into the body than it can bear; by which means some vessels are obstructed, others distended, and by the corrosive quality are abraded, and the cause of those painful sensations

and



and inflammations. Then follows the natural consequence, indigestion; which throws open the flood gates for various ills to enter and prey upon the human body, hurrying it on to dissolution.

Physicians alledge that the Gout is brought on by intense study, a free use of acid liquors, night watching, immoderate venery, strong passions, grief or vexation of mind, obstructions, whether of the menses, sweating of the feet, or perspiration; humid cold tempestuous weather, and by intemperance and inactivity: now these are the causes, let us consider them, and we shall see how they produce the Gout.

Intense study.—Studious persons are far from being idle, their work is harder and more painful than mechanics; for the studious are intent to particular objects, continually labouring and straining the brain in order to discover and bring to maturity something he imagines will be of utility either to the public or himself; and therefore whilst he is in this state he neither cares what is his meat or his drink, sitting up late at night, taking little or no exercise; so that the humours stagnate, and by constant thinking strains the nerves of the brain, and produce a pain in the head, in a similar manner as

we strain the nerves of the eye when looking through optical instruments to discover particular objects; and for want of exercise the digestive faculties are impaired, and when weakened breed crudities in the stomach, with much flatulency and heaviness that gradually increase the humour too much for the body to bear. Persons who study much when they find a pain in the head coming on should shift the scene directly, and amuse themselves with some diversion.

It is a melancholy truth that of the number of patients who suffer by this disorder, many are men of great abilities, who are hurried from off this stage of life in their prime, by over studying, which wears such persons out much faster than those who work very hard, and endure bodily difficulties; which I account for thus.

Our bodies have different fluids adapted to their proper functions; and that which is ordained to cherish and oil as it were, all the nerves, and particularly those of the brain, by constant study, hurries and evaporates the volatile fluid, and thereby leave the nerves bare, that any humour gliding through the nerves in this forlorn state, is the cause of so much pain and weakness which we perceive in the Gout and nervous complaints; and by relaxing our intense thinking, or vexatious thoughts,

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the spirituous nervous fluid is replenished and the pain ceases. Likewise persons in easy circumstances having the Scurvy, throws off much humour on the skin, and seldom have the Gout; but when through grief, trouble, or any other bad cause the spirits are hurried, we see the disorder quickly change, or rather the Gout is added; if to the fair sex, hysterics and nervous fevers.

Immoderate venery, night watchings, and drinking hard, we all know how they impair the lamp of life, and what dire effects they cause, weakening and rendering the body less able to support either sickness or pain.

To say that this action, or that, is cause of the Gout, is saying but very little to the purpose; for it only proves that all actions which weaken, tend to destroy the balsamic fluid, and must produce the Gout or something worse, as Palsies, &c. if followed to excess; therefore, we are in a great measure the cause of many disorders we suffer, and which might be prevented by prudence; and those disorders are planted by Providence in our way, to hinder greater ills, and are a benefit to mankind.

Providence knowing the nature of man, has placed bounds to his curiosity, his pleasures and his ambition, and he that is so

bold or careless, as to invade, is sure to suffer. Man's curiosity in travelling is only stopped by climates impossible for him to exist in.

Supposing all diseases, or the dread of any, was taken away, what would become of society, or where would man stop in his pursuit after imaginary pleasures? Would not such a state if possible, be contradictory to all order, create more real ills than at present subsist, and prove the greatest curse that could befall society. Therefore I am persuaded most of our diseases are the fruit of inattention, and are the natural consequence and punishment of our intrusion on nature's laws: yet should any one through passion, or for want of thought be hurried away in pursuit of gratification of the senses, until he is arrested by some particular disorder suitable to his errors, gracious Heaven readily points out a remedy, which like Moses' serpent, whilst it cures leaves room for reflection: or if remedies were discovered that would cure in a few hours or days, this would only harden man, and render him still more daring in folly.

There are many accidents and calamities which will attend mankind, and not all the precaution of the most sagacious can prevent,



vent, that will absorb the vital spirits, and thereby destroy this fluid so necessary to support human nature; for there is so close a sympathy between soul and body, that whilst any thing disturbs the mind the body must be out of order, and medicines lose their force. Hence it is nervous and other complaints arising from sudden frights, loss of friends, or misfortunes, are so difficult to cure, because it is not in our power to fill that chasm up.

When diseases happen to men of a calm and resigned disposition, the mind will assist and support the man in his recovery; but where the disease lies in the mind, the body so far from helping rather refuses, takes no meat, or if any, the digestive faculties are so weakened they cannot retain it, owing to the hurry of spirits, which occasions heat, and is termed a fever; and thus any action of our lives which tends to weaken our faculties, if continued must give rise to some complaint, as Gout, &c. and if the spirits are hurried much more than they commonly are in these cases, instead of the Gout, the Palsy or instant death must follow. There is order and reason throughout the creation, and I believe these ills or afflictions, which though nature shrinks from, are useful, are

neceſſary, and conducive to our happineſs here and hereafter, though at preſent they ſeem ſevere, and it is natural to wiſh to be exempted from them.

A boy who hears the wind blow hard, and ſees much damage done by it, might naturally imagine why Heaven permitted ſuch havock by this element, not knowing that by ſuch winds, the earth is purified from noxious vapours, and if ſuch winds did not happen, the world could not exiſt according to the divine order it was intended ; hereby much good is brought out of a ſmall evil. In like manner Man would hurry to his immediate deſtruction, had not kind Heaven by theſe unwelcome, intruding, yet friendly viſitors, interfeſt ; and we may further obſerve divine wiſdom, in the gradual cure ; Man with all his boated art cannot cure immediately ; the ſick returns by degrees to health, and has time to recollect the cauſe, and to reaſon on many important points, and by being obliged to take nauſeous, yet ſalutary medicines, and endure many diſagreeable pains and operations to regain his health. I ſay all this diſplays the infinite wiſdom and goodneſs of our creator, and points out to Man, in a ſtrong and prevailing voice, the neceſſity of a cautious conduct  
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in future life, and should he relapse into the same errors again, the same dreadful disease lays hold on him with additional force, and medicines that proved efficacious before, are now either increased, or may lose their force, and perhaps after all our pains and wishes, the patient sinks in the prime of life, whereas by prudence he had it in his power to lengthen his days to a good old age.

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*Acids another Cause of the Gout.*

HELMONT thought that the principal cause of gouty pains was owing to an acrimonious acid that vitiated the unctuous liquor, which lubricated the inside of the joints, rendering it thick and grumous, and so of consequence unfit for that very purpose, so that all the healthier part exhales, and leaves its place filled up with a dead, inactive matter; hence springs that unnatural morbid offspring which is again the parent of these obstinate swellings, called nodes; for by carrying off in exhalation the fine liquid parts, and retaining the opake, indurated particles of the unctuous liquor, it is thus productive of strong concretions, chalkstones, and other such terrible painful consequences; hence drinking largely of white sourish wines are condemn'd, and justly too, for it has been remarked, that

that those who drink much wine are frequently troubled with the gout, and those who drink malt liquors in common escape. As a proof of this assertion, formerly when a frugal manner of living was more in use, among the Dutch, beer was their only drink, not only a smaller kind which they used at their meals, but a strong hearty sort with which they loved to regale themselves in the evening, after the fatigues of the day. Wine was rarely or never used, even by those who could very well afford it, and yet the Gout hardly ever afflicted any that lived in this manner. On the contrary, it is observed there are a far greater number under the power of this distemper, since the drinking plentifully of wine came more in fashion; the genteeler people have laid aside the use of strong beer almost entirely, leaving it to be drank by the lower sort alone, whilst they themselves most liberally indulge in wine, especially at night, when business being over, they give themselves up without restraint to the sociable enjoyment of their friends and glafs.

The celebrated LINNEUS, seeing that tho' the Laplanders frequently drank malt spirits, and often in too great quantities, yet never so much as dreamt of the Gout; and having observed that many country people  
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in Sweden, whose ordinary drink is malt liquor, and who taste no wine, yet never had the least touch of the distemper, therefore asks, Does not the Gout proceed solely from the use of wine? Nations that are most addicted to this distemper, and whose common drink is wine, &c. seem to confirm it; so do our own people of fortune, who indulge plentifully in wine of all sorts.

There are other physicians, of the highest reputation, who seem not averse to favour this opinion. HOFFMAN, treating of this disease, thought that, notwithstanding a pure acid was seldom found alone and unmixed in the bodies of animals, yet he asserts, that a tartarous acid may sometimes, though not always be the cause of this disorder; nay he afterwards adds, from the experiments of CLOPTON HAVERS, "It is very remarkable that nothing destroys and coagulates the mucilage of the joints more than an acid, salt of tartar; for example, the weaker vinegars, or the reddish white wines; nor can you produce so great a change, or so strong a coagulation, even by the powerful acids, such as oil of vitriol," and from thence he concludes that wines which abound with tartar are by far the most liable to occasion arthritick disorders. Further, wine deposits a sediment  
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on the sides and bottom of the casks, of a hard tartarous nature, and will not all vessels and pipes be furred that have any fluid constantly running through; therefore can the thousand minute tubes which compose the human body admit of fluids, of different and opposite natures, perpetually circulating through them, without wearing, obstructing and destroying their use; if they cannot, then we shall see how acid wines act on our bodies in producing the Gout; whereas malt liquors are the produce of our own country, and therefore more suitable to our constitutions, escape much censure.

Instances have been known where persons have vomitted sharp acid liquor, and have been suddenly relieved from a painful fit of the Gout.

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*On the Passions.*

The Passions have a great influence both in the cause and cure of diseases; how the mind acts upon the matter will in all probability ever remain a secret; it is sufficient for us to know, that there are established and reciprocal influences betwixt the mental and corporeal parts, and that whatever disorders affect the one will affect the other.



The Passion of Anger ruffles the mind, distorts the countenance, hurries the circulation of the blood, and disorders the whole vital and animal functions; it often occasions fevers, and other acute diseases, and sometimes sudden death.

Resentment preys on the mind, and occasions the most obstinate chronical disorders, which gradually waste the constitution. Nothing shews true greatness of mind more than to forgive injuries; it promotes the peace of society, and greatly conduces to our own ease, health, and felicity.

Persons who are subject to the Gout are remarkably cross and peevish before a fit comes on, and continue so till the fit is over. Fear and anxiety, by depressing the spirits not only dispose us to diseases, but often render those diseases fatal, which an undaunted mind would overcome.

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### *On Grief.*

Grief is the most destructive of all the Passions; its effects are permanent, and when it sinks deep into the mind, it generally proves fatal. Anger and Fear, being of a more violent nature, seldom last long, but Grief often changes into a fixed melancholy, which preys upon the spirits, and wastes the constitution.

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This passion ought not to be indulged. It may generally be conquered at the beginning, but when it has gained strength, all attempts to remove it are vain.

No person can prevent misfortunes in life, but it shews true greatness of mind to bear them with serenity. Many persons make a merit of indulging Grief, and when misfortunes happen, they obstinately refuse all consolation, till the mind, overwhelmed with melancholly, sinks under the load; such conduct is not only destructive to health, but inconsistent with reason, religion, and common sense.

Change of ideas is as necessary for health as change of posture; when the mind dwells long upon one subject, especially of a disagreeable nature, it hurts the whole functions of the body: hence Grief indulged destroys the appetite, and spoils the digestion, by which means the spirits are depressed, the nerves relaxed, the bowels inflated with wind, and the humours for want of fresh supplies of chyle vitiated. Thus many an excellent constitution has been ruined by a family misfortune, or any thing that occasioned excessive grief.

It is utterly impossible that any person of a dejected mind should enjoy health; life  
may



may indeed be dragged out for a few years, but whoever would live to an old age must be good humoured and chearful. This indeed is not altogether in our power, yet our temper of mind, as well as actions, depend greatly on ourselves: we can either associate with chearful or melancholy companions, mingle in the amusements and offices of life, or sit still and brood over our calamities as we chuse; these and many such things are certainly in our power, and from these the mind generally takes its case.

The variety of scenes which present themselves to the senses, were certainly designed to prevent our attention from being too long fixed upon any one object. Nature abounds with variety, and the mind unless fixed down by habit, delights in contemplating new objects: this at once points out the method of relieving the mind in distress; turns the attention frequently to new objects, examines them for some time; when the mind begins to recoil, shift the scene. By this means a constant succession of new ideas may be kept up till the disagreeable ones entirely disappear. Thus travelling, the study of any art or science, reading or writing on such subjects as deeply engage the attention, will  
 sooner

sooner expel grief than the most sprightly amusements.

It has already been observed that the body cannot be healthy unless it be exercised, neither can the mind, indolence nourishes grief. When the mind has nothing else to think of but calamities, no wonder that it dwells there.

Few people who pursue business with attention are hurt by grief: instead therefore of abstracting ourselves from the world or business when misfortunes happen, we ought to engage in it with more than usual attention, to discharge with double diligence the functions of our stations, and to mix with friends of a chearful and social temper.

Innocent amusements are by no means to be neglected; these by leading the mind insensibly to the contemplation of agreeable objects, help to dispel the gloom which misfortunes cast over it; they make time seem less tedious, and have many other happy effects.

Some persons when overwhelmed with grief betake themselves to drinking; this is making the cure worse than the disease; it seldom fails to end in the ruin of constitution, character and fortune.



In order to have some Idea of the nature of the Gout, and shew why it is so painful a disorder, which I think is owing to its preying on the nervous fluid, what that nervous fluid is I will endeavour to explain, by considering the difference of the liquids that compose the human body, and a small attention to the vegetable creation, will assist us in our enquiries.

Animals and plants composed of various parts have several fluids, appropriated to each distinct office to cherish and enable it to exercise its proper functions. There are two fluids in the animal and vegetable world, which particularly strike our attention, and are so closely connected that if either be drawn off, or injured, diseases and decay will arise, and deprivation of life follow.

The particular fluids in man are the blood and the animal æther, which from its peculiar qualities of oiling or lubricating, is called the nervous fluid, consisting of the finest spirituous volatile particles we can imagine, not seen, but dispersed over the whole body; as the heart is the center of motion to the blood, so the brain is the center of motion to the nerves, and contains the principles of health and life.

The second vital fluid is the blood, composed of aqueous, gelatinous, fulpherous, and earthy parts, which exceeds the other in quantity, but falls infinitely short as to quality. These two different fluids are illustrated in the plants of the field, who carry in them two fluids analogous to those in the human body, viz. the essential oil, which corresponds to the animal æther, and the sap of the plants to the blood, and is of an aqueous, gummy nature.

All vegetables contain different fluids, which in general consist of gum, oils, and rofins, the two last being acted on only by rectified spirits, I call spirituous, and answers to the nervous fluid in man; and as these abound, so the plant is more or less fragrant, condensed, and preserved from injuries, or the weather; and some plants having much of this animating liquor, keep constantly green: the other liquor is the sap or gum, which answers to the blood, and is of an aqueous kind: in order to extract the one or the other, you must suit it with proper menstruums, and thus it will act on the plant, so as to extract the one and often not the other; as for example—Take a green leaf of an herb and steep it in rectified spirits of wine, and you will extract all the green colour



lour with the oily parts out of the plant, and the leaf will be left like a withered leaf, the solids appearing much plainer and crisp, easily rumpled, a mere skeleton of a leaf:— Here is a true emblem of a man afflicted with the Gout, for it is the peculiar property of the Gout to prey on this unctuous nervous fluid, and does not meddle with the blood: at first, is plain from the effects; for as this nervous fluid abounds, so is the health and strength of the man; it is the preserver of all the solids, and whilst it runs freely thro' the whole body every thing goes well: as the plant when robbed of its spirituous particles dies, so will man fall into disease whenever this fluid is diminished, for it is the life and soul of man, and preserves him in a happy and composed state, sheltering him from many ills, preserving him in health and spirits, just the same as the vital oilous part nourishes and defends the plant. Now this fluid cannot be extinguished all at once, but by sudden death; but it may be impaired, as acids corrode it, study consumes it, excessive heat, venery, &c. diminish; inactivity contracts it and renders it stagnate; passion absorbs it, and these would soon destroy the whole if constantly pursued; and therefore Providence has wisely ordained that

that all animated beings must have rest to replenish, and if the rest is not sufficient to repair the breach, then as I have observed before, the oily part not being sufficient to defend the particular nerves, they become exposed to the invasions of any humour or heterogenous matter in the blood and body, and other external accidents, (as Colds, Frights, Gout, Rheumatism, Hysterics) as this volatile fluid is more or less affected; for this balsam, this lamp of life, this spirituous æther, (for no epithet is too grand to convey a just sense of the value and importance of this essential fluid) is but small to the other parts, which constitute the body, so there are but few diseases that immediately prey on this vital fluid, but they are dreadful ones; the one afflicts chiefly man, the other woman, I mean the Gout and Hysterics, very often arising from misfortunes or sudden accidents, and these are called nervous diseases; for most of the other numerous disorders that follow mankind belong to the blood and viscera of the body, and wounds the nervous fluids through the sides of those diseases: now in whatever part this nervous fluid is defective we feel uncommon pain, whether in the eye, ear, brain, or any other part of the body. The comparison may further



further be illustrated by the plant—Take a leaf and steep it in hot water, you draw out the gummy aqueous parts, and the leaf appears more beautiful in colour than when it was put in; because the terrestrial parts being drawn off, the fine oily parts wherein consists its colour is preserved pure: thus we may account for trees being green the year round, because they have a larger quantity of oil and rosin, which nourish and defend them from the cold, or any tempestuous weather; for the more oil and rosin there is in the vegetable, by so much it will be heavier and durable; so in man the more he has of this spirituous nervous fluid the stronger he is, for the nerves and all the solids are truly nourished by this divine fluid. Melmont seems to be of this opinion, and wherever the fluid is defective that part must suffer, whether in the foot, stomach, brain, or bowels; and before a general relaxation takes place, this nervous fluid must be much impaired and destroyed, and then we become like the leaf in spirits, a skeleton. Now as cold water cherishes the plant, and hot water extracts the gummy parts, so whilst diet is applied to the body in a cool proper manner it is benefited; but on the contrary if it be given immoderate, with

high seasoned fauces and spirituous liquors, the blood is inflamed and produces diseases, as Fevers, Scurvy, Gout, Rheumatism, Leprosys, &c. and destroys the texture of the blood, and vitiate the nervous fluids; neither of the fluids of the human body can suffer alone, but must impair the other: as gentle rains feed and make the plant more lively and pleasant to look on, so do temperance and activity feed and render the body sprightly and of longer duration.

From the foregoing observations it is plain that tho' the Gout and Scurvy may proceed from one cause, yet they differ in their symptoms and effects, so as to constitute two disorders, as the following contrast plainly demonstrates.

The Gout attacks the patient in the middle, and the decline of life, by fits at different times: the Scurvy spares neither youth nor age, in various shapes; sometimes pays a visit only spring and fall; and at other times a constant attendant all the year.—The Gout afflicts only part of the body; the Scurvy often universally over the Body.—The gouty matter often not seen, but severely felt with much pain and swellings; the Scurvy is unsightly to the eye.—A person afflicted with the Gout is confined to his chamber,



chamber, hindered of his rest, and every rational amusement; whilst those who have the Scurvy are active and may follow their vocation. The Gout is slower than the Scurvy coming in its progress, but when it comes rages more violent. The Gout affects the nerves, tendons, membranes and ligaments: (women are less subject to the Gout than men) the Scurvy chiefly the blood and skin, attended with heat and irritations. An acid indigestion, and flatulence attend both; intemperance and inactivity produce the Scurvy and Gout. The same remedies and regimen to be observed in the cure of either; Outward applications dangerous in either of these disorders.

Neither of these disorders are infectious or hereditary, as is the general notion; for supposing a person in affluent circumstances has the Gout; his son by some accident is reduced to a low state, and obliged to work hard for his bread, I dare say he will not have it in those circumstances: on the other hand, if he has a son who follows the father's steps in his regimen of life, it must be natural to expect it. When the cause of the Gout was not so well understood, and from people observing father and son to fall a victim, owing to their treading the same

paths, naturally concluded it was hereditary; If it was hereditary, then no precaution or regimen could keep it away; therefore I conclude the Gout is no otherwise hereditary than other diseases are, heirs of mortality.

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## S E C T. XII.

### *General Directions in the Gout.*

**W**HEN the morbid matter has seized on the foot so as to constitute what is commonly termed the Gout, you must not endeavour to repel or discuss the humour; for if the humour is by any means detained or drove back by repellent medicines, then the humour thus detained in the body acquires additional malignancy, and spreads terror and pain to the nobler parts of the body; or being throwed on the joints, is the cause of those contractions and chalky matter: (Quere. Is not this chalky matter analogous to the scurf that we see thrown out on the body in leprous cases?) Or this matter may be formed as extracts are in pharmacy, as liquorice, by evaporating the water away till nothing is left but the hard cake; so by the heat of the body the fine fluid is drawn off, and leaves the humours



too thick to be assimilated and carried off through the proper emunctories or pores of the skin; therefore forced sweats must be bad. All fomentations, or bathing the feet and legs in hot water is of a dangerous consequence. Pay a strict attention to what you eat and drink; and what relates to diet in the Scurvy holds good here. Exercise by walking, riding, playing or working must be pursued.

Persons afflicted with the Gout should have patience; for this disease will not be trifled with, and all anger, vexation and trouble; as it impairs the spirits should be avoided; for nothing will relieve so soon or so safely as gentle methods. Had you a curious watch, or any fine piece of mechanism out of repair, and had given it to a person to rectify, if you observed him go about it in a rough manner would not you be alarmed, as knowing on what minute principles it was formed, and that it was impossible to put it to rights in a hasty, negligent manner. How much more curious, wonderful and noble a piece of mechanism is our bodies, whose parts are so infinitely smaller, and must and can be only restored by degrees.

I have seen a person long tormented with the Gout, who was persuaded to take some  
pills

pills as a sure remedy for it: he did so; the disease and life were very near making their exit at one door. The pills, an antimonial preparation, had not been swallowed long when a dreadful vomiting, purging and sweating ensued, as to distort the whole body, and force groans too lamentable to be withstood. Was the Gout cured? alas! no; the body was rendered weaker, and had a little time after a feverer fit: the truth is, the pain is so great in the Gout that it frequently drives the patient into a phrenzy, who in a fit of despair snatches the nauseous medicine, and in madness takes it, though bad consequences follow.

I am persuaded the same gentle, rational means recommended to cure the Scurvy, is the only proper means to cure the Gout, and the same reasoning induced me to give my Drops, by which method I have experienced remarkable success. But observe not to take them on an empty stomach; and in all complaints where they are taken, if they cause a nausea, or purge too much, the dose must be lessened, and the cure will be performed much sooner; and whilst you are taking this sovereign remedy you must not neglect temperance and exercise.

Persons



Persons sometimes complain they do not experience so much benefit as they could wish:—The reason is plain: mankind has ever expected physic to perform miracles, and is sufficient they imagine if they take the medicine regularly, let them live how they will; and if they should exceed in their appetites and pleasures, a dose is to repair the breach: is any thing the better for being put out of repair? or what herculian medicine must that be to combat with intemperance, sloth, and often uncleanness? No such medicine I am sure can exist: medicine is always the most efficacious when it goes hand in hand with temperance and exercise. The Gout as well as the Scurvy is often long in coming; and can any one suppose that these disorders of years standing, will give way in a day, and every day the patient is still counteracting and adding something that hinders the progress of the medicine, and is hurtful to him. Certain we are, that by the continual actions of life and health, the solid parts of our bodies are worn away; for if the hardest stones are excavated by the falling drops of water, more by the repetition than the violence of their operation, are we not to expect much greater effects from cohesive humours, which being driven by the force  
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of the heart, make four thousand rubs against the sides of the conveying arteries, through which they are obliged to pass, and whose final extremities in most of the viscera are no denser than a soft pulp, we even see that our cuticle scales fall off every day, and are often renewed again in proportion to what perished from it. Persons say they live temperate, eat but little, and those of innocent things, now patients who have weak stomachs, and are troubled with acids and crudities, they are very troublesome complaints, and require great prudence and caution in managing their diet.

Now let me ask you if you find no oppression, no risings, no signs of indigestion after your food; if so, it may be well: but on the other hand, if you find any uneasiness, any crudities or windy complaints, be ye assured all is not right; and ye have either exceeded, or have not corrected the fault in the stomach, or the food is not proper. These considerations must be well attended to, and those who suffer in scorbutic, gouty, or hysteric nervous cases, know it to their sorrow. A much less quantity of food will support life and spirits than is generally imagined,



agined, though not fatten the body, as Shakespeare inimitably observes; he says,—

I am resolv'd; 'tis but three years fast:

The mind shall banquet, though the body pine.

Fat panuches have lean pates; and dainty bits

Make rich the ribs, but banker out the wits.

All over rich sauces and hot spices that inflame the blood, must be avoided. Let us endeavour to make nature our rule and our guide, both in our diet and medicine. To the observance of nature am I indebted for the knowledge I have gained of these disorders, and to speak with certainty concerning them, and in all my endeavours to prepare a medicine of general utility, I have had a strict regard to the digestive powers through the different stages of concoction, and to assist nature in purifying and expelling the morbid matter in her own way, whether by this out-let, or that. In some patients short and wonderful cures I have performed; and in others it has taken up months, tho' in a few weeks the patient has been restored so far as to be able to follow his occupation: for how absurd is it to expect inveterate, deep-rooted diseases, that by length of time have acquired second nature, should immediately give way to medicine all at once: it must require a length of  
time

time for medicines to communicate their effects to the blood and juices, so as to change them from a distempered to a sound state, and restore the solids to their due tone and motion; and though you are not so quickly cured as some may be, yet you will find a wonderful alteration for the better, and this will encourage you to persevere: for my Drops are not calculated to give immediate ease, or to work miracles; but I make no doubt that with temperance and activity, and observing my rules, you will be benefitted much, though the Gout has troubled you many years: as to hoping for a cure by repeated purgatives, vomits, outward applications, and forced sweats, is against reason. I am so convinced of the hurt they do in those complaints, that I reject them, or any other remedies that weaken nature.

When the Gout is in the stomach it is then attended with such dangerous symptoms as to require immediate assistance, and the best remedy I know is a glass of the tincture of fenna with rheubarb, and a few drops, as fifteen or twenty, of the liquid laudanum; and when people have the Gout, in general great benefit is found in drinking a decoction of sarsaparilla; wherein a little liquorice and fennel seeds are added: to  
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the larfa I give the preference, by reason of its soft lubricating qualities; but of these things let your own experience be your guide. When you feel pains in the joints, elbows, fingers, &c. rub them well several times a day, and it will prevent those chalky eruptions and concretions which is particularly bred in the joints of those who are troubled with gouty or acid complaints, and take but little exercise. Inactivity is a worse evil than intemperance; because if a person be intemperate exercise will carry it off; on the other hand, if a person is temperate and takes no exercise, the functions of the body must stagnate and become heavy and dull. Persons who are hindered from exercise, let a servant rub over the parts gently at first, and so harder by degrees.

I have throughout this Treatise shewed, contrary to the general notion of mankind; no advocate for cathartics, emetics, and diaphoretics, in the cure of those ills, and which patients are so remarkably fond of, thinking by every purge, vomit and sweat, that some of the humours of the body have been lessened: many advertised medicines are compounded of purgative ingredients to answer this end, which often amuses, but does manifest injury; for purgatives first act on the  
great

great vessels, then the supply is cut off from the smaller ones, and thereby nature is weakened; and what blood and humours are in the small ones, and which nature has throwed out on the extremities, is drawn back again, and falling on some part of the viscera, as stomach and bowels, occasion those alarming complaints, and endanger life; such as weakness through the whole body, sickness of the stomach, gripings, faintings, nervous complaints, with a numerous train of irregular symptoms.

From these assertions the reader may imagine I condemn purgatives, vomits and sweats in all cases, no; they are exceeding useful, great blessings when properly applied; and there may be circumstances in these cases to require the immediate assistance of a vomit or purge, to unload the body from any noxious quality; but when that end is answered, then let them be laid aside: for I am persuaded none of these disorders can be cured by continually harrassing the body. As to gentle sweats in the Gout, which nature brings on in the morning, is of great service; but if the sweat be forced, and continued longer than the quantity of morbid matter concocted by the preceding fit requires, the disease is thereby increased.

From



From experience and consideration of the human body, I am very clear there is not, nor ever will be, found out a medicine that will immediately, or in a few days eradicate the Gout or Scurvy, and restore a person worn out with disease to a sound state. Look round the whole creation and we may observe every thing acts according to certain fixed laws, agreeable to reason and to order; therefore if any such power was given to medicine, it must be a vital power that would renew youth, and even prevent death.

The Gout and Scurvy are no more than natural consequences which must follow from different modes of living, and by taking aliments contrary to our nature, and which cannot be assimilated, either through a defect of the body worn out by continual friction; or other accidents and occasions. Those stoppages which produce pain, swellings, irritations, and our bodies naturally tending to putrefaction, hurry them on to those dreadful complaints known by the names of the Scurvy, Gout, &c.

Thus have I shewn you the best method I am acquainted with of relieving those complaints, and laid down necessary rules to be observed by the patients, which will administer ease, and save them much expence

and trouble. What remains for me is, to furnish a medicine suitable to these disorders, which acts as a purifier of the animal fluids, a strengthener of the stomach, and a digester to the food; for in all diseases we must consider the cause, observe the symptoms, and have a strict regard to the effects. There are, and ever will be, many intricate circumstances attending those ills which cannot be explained, and will in all probability ever remain a secret. I have deeply thought of many things which pertain to the nature of that noble, self-moving machine called man, which I cannot fathom. We know the eye sees, the ear hears; but what amazing incomprehensible being is that which has given such power to that divine breath called the soul, which refines and animates this earthly body to distinguish and judge of the nature of things through these organs, we cannot comprehend; which forces me to say with the psalmist, "Such knowledge is too wonderful and excellent for me; I cannot attain it."

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*On advertising one Medicine to cure two Disorders, whose Malignancy bear no proportion.*

There remains one fault more, which I think is absolutely necessary to take notice of.

Medicines



Medicines are frequently advertised to cure the Scurvy and a bad disease, (I mean the venereal) with one and the same medicine, and equal directions, which not only mislead the patient, but give cause for suspicion of the worst to disinterested persons. The two disorders are so different in point of reputation and malignancy, that the medicine must be duly proportioned according to these circumstances requiring judgment and caution: for in the bad disorder, which is infectious, and so far penetrating that in 24 hours its effects are felt in different parts of the body, and if speedy relief is not given the patient will suffer tormenting pains, and in a few weeks, unless prevented by proper help, will fall a sacrifice. To remedy this ill, powerful medicines must be given to subdue the subtle poison. Now the Scurvy is slow in coming, and is never attended with such alarming circumstances, and can only be remedied by gentle, yet efficacious medicines; and if a patient was to take for the Scurvy, a medicine chiefly designed for the bad disorder, it would inflame the complaint and bring on fatal consequences. On the other hand, to give a medicine prescribed for the Scurvy to cure the Venereal, is as great an absurdity; for trusting to a weak  
 medicine

medicine the disease would gain strength, and could not be conquered till such time as stronger phyfic was called in to its aid, and in so trusting to a medicine whose efficacy is not sufficiently calculated to the strength of the malady, we see the folly; therefore let a general medicine be advertised, either for the one or the other alone.

I cannot conclude this book without recommending to your serious perusal the following judicious observations of the regimen of diet, for the management of persons in health through the different stages of life. Although indeed this task seems to be rendered almost superfluous by the precepts delivered by Celsus, which whosoever will observe, with due regard to the difference of climates, and manner of living now, and in the time of that wise author, most certainly, to use his own words, will not in health squander the resources of infirmities; for such is the natural constitution of the body of man, that it can easily bear some changes and irregularities without much injury: had it been otherwise we should be almost constantly put out of order by every slight cause. This advantage arises from those wonderful communications of the inward parts, whereby when one part is afflicted, another comes immediately



immediately to its relief. Thus when the body is too full and overloaded, nature causes evacuations through some outlets; and for this reason it is, that diseases from inanition are generally more dangerous than from repletion; because we can more expeditiously diminish than increase the juices of the body. Upon the same account also, though temperance be beneficial to all men, the ancient physicians advised persons in good health, and their own masters, to indulge a little now and then, by eating and drinking more plentifully than usual; but of the two, intemperance in drinking is safer than in eating; and if a person has committed excess in the latter, cold water drank upon a full stomach will help digestion, to which it will be of service to add lemon juice, or elixir of vitriol; if he has eaten high seasoned things, rich sauces, &c. then let him set up for some little time, and afterwards sleep; but if a man happens to be obliged to fast, he ought to avoid all laborious work. From satiety it is not proper to pass directly to sharp hunger, nor from hunger to satiety; neither will it be safe to indulge absolute rest immediately after excessive labour, nor suddenly to fall to hard work after long idleness. In a word, all changes in the way of living, should be made by degrees.

It is also beneficial to vary the scenes of life, to be sometimes in the country, and sometimes in town; to go to sea, to hunt, to be at rest now and then, but more frequently to use exercise; because inaction renders the body weak and listless, and labour strengthens it: but means are to be observed in all these things, and too much fatigue to be avoided; for frequent and violent exercise overpowers the natural strength and weakens the body; but moderate exercise ought always to be used before meals. Now of all kinds of exercise, riding on horse-back is the most convenient, or if a person is too weak to bear it, riding in a coach, or at least a litter. Next follows fencing, playing at ball, running, walking; but it is one of the inconveniences of old age, that there is seldom sufficient strength for using bodily exercise, though it be extremely requisite for health; wherefore frictions with the flesh-brush are very necessary at this time of life, which should be performed by the person himself, if possible, if not, by his servants. Sleep is the sweet soother of cares, and restorer of strength, as it repairs and replaces the wastes that are made by the labours and exercises of the day. But excessive sleep has its inconveniences; for it blunts  
the



the senses, and renders them less fit for the duties of life. The proper time for sleep is the night, when darkness and silence invite and bring it on: day sleep is less refreshing, which rule, if it be proper for the multitude to observe, much more is the observance of it necessary for persons addicted to literary studies, whose minds and bodies are more susceptible of injuries.

The softer and milder kinds of aliment are proper for children, and for youths the stronger: old people ought to lessen the quantity of their food\*, and increase that of their drink. But yet some allowance is to be made for custom, especially in the colder climates like ours; for as in these the appetite is keener, so is the digestion better performed.

In fine, this truth ought to be deeply imprinted on every mind, that this, and indeed all other

*Voluptates commendat rarior usus.*

Pleasures are heighten'd by a sparing use.

\* A remarkable instance of this rule we have in the life of Lewis Cornaro, a noble Venetian, who diminished his food, the older he grew; at last the yolk of an egg served him for a meal or two: by this means he preserved his health, and was vigorous to the age of an hundred; his mind did not decay, he never used spectacles nor lost his hearing. See his life, printed in a small book called *Cornaro on Health*. The book is sold in the Strand.

For my part, after mature deliberation, I am long since come to this way of thinking; that although pleasures, riches, power, and other things which are called the gifts of fortune, seem to be dealt out to mankind with too much partiality, yet if we take in the whole compass of the matter, we shall find a greater degree of equality of those things which constitute real happiness than is generally imagined. People of low condition, for the most part, enjoy the common advantages of life more commodiously than those of the highest rank: wholesome food is acquired by moderate labour, which likewise mends the appetite and digestion. Hence sound sleep, uninterrupted by gnawing cares, refreshes the weary limbs; a flock of healthy children fill the cottage; the sons grow up robust, and execute the father's task, making his hoary locks to sit comfortably upon him. How vastly inferior to these blessings are the vain delicacies of most persons of affluent fortunes, which are closely attended with real evils. In order to get down the food their stomachs require hot sauces, which heat and corrupt the blood, and render the body obnoxious to distempers; the debauches of the day disturb their rest by night; and in punishment for their vices, their sons, the

great



great ornament and support of families, contract diseases in their mothers womb, with which they are afflicted through the whole course of a languid life, which seldom reaches old age. They are frequently racked with anxieties for obtaining honours and splendid titles, so as to be despoiled of the comforts which they might reap from their plentiful possessions, by the vain desire of new acquisitions, wherefore,

——— *Horum*

*Semper ego optarim pauperrimus esse bonorum.*

I always wish to be extremely poor

In wealth like this.———

But there is one great inconvenience more attending high living, that by overloading the body, the faculties of the soul are clogged, and the passions are all set on fire; whereas on the contrary, the slender and homely diet of the poor and laborious, neither oppresses the strength of the body, nor supplies the vices with fuel; therefore unless prudence be a constant attendant on opulence,

*Vivitur exiguo melius.*

'Tis better living on a slender fortune.

Nor is nature to be deemed an unjust step-mother, but a most provident and beneficent  
parent

parent. Upon the whole, it behoves a wise man in every stage of life

*Servare modum, finemque tenere,  
Naturamque sequi.*

———— To hold the golden mean,  
To keep the end in view, and follow nature.

But whosoever forms a right judgment of human nature, will certainly find that some men are vastly superior to others in the endowments of the mind; and yet (a sad reflection) even the best minds are blended with some degree of depravity. So the most healthy bodies are afflicted with great infirmities; and these being the seeds of death, ought to put us in mind of the shortness of this life, and of the propriety of this expression of Lucretius,

*Vitaque mancupio nulli datur, omnibus usu.*

None have a right to life, all to its use.

And likewise that there is no absurdity in this saying of Hippocrates,

The whole man from his birth is a disease,

Upon the whole, as the due government of the passions strengthens the mind, so temperance in diet renders the body less exposed to these turbulent motions; and this rule holds good, not only in those who are naturally of a hot constitution, but even in those who curb their appetites, because it keeps them



them in a state of tranquillity; and this is the way in general to resist these evils, or at least to diminish their effects: for when they have taken deep root in the body, each of them requires its own proper remedies. In those commotions which check the course of the vital humours, spurs are necessary, but curbs, when they gallop too fast. But what is of the utmost consequence is, to frequent the company, and follow the advice of persons of fortitude and wisdom; for in every stage and state of life, great is the power of example, whereby we insensibly learn to give ear to reason, and govern our passions; which, unless brought into entire subjection, will become our tyrants.



## Postscript.

**J**EAN READ, servant to Mr. Cranston, master of one of the city of Edinburgh schools, was grievously afflicted with a most inveterate Scurvy, so that her whole body was almost covered over with a very thick scurf, which came off at times in large pieces, and immediately grew as thick as formerly; and having been informed of the happy effects of SPILSBURY'S Antiscorbutic Medicine, and that he was so charitable as to order Mr. Elliot to give it gratis to two patients that were not able to pay for it, application was made for her, and by the use of it alone she is now perfectly cured of that disorder. And from gratitude to Mr. Spilsbury, as also for the information of others who may labour under the like disorder, she desires this may be made public.

N. B. If any person shall doubt of the truth of the above, by applying to her at Mr. Cranston's, teacher of English in Niddrie's Wynd, they may be fully satisfied. The above is also attested for truth by

JAMES CRANSTON.

*Edinburgh, 10th December, 1774.*

N. B. As



N. B. As a further proof of the efficacy of these Drops in this country, any person calling at Mr. Elliot's, may have the perusal of letters from several persons, who would not chuse to appear in print.

I have appointed my Drops to be sold in moulded bottles of 5s. and 3s. each, with the following inscription in a wave, viz.  
 “Fras. Spillsbury, Proprietor of the Universal  
 “Antiscorbutic Drops,” by

<i>Austin</i> , Hertford	<i>Cocking</i> , Bristol
<i>Andrews</i> , Chichester	<i>Cole</i> , Cowbridge
<i>Allen</i> , Newark	<i>Clifton</i> , Sherburn
<i>Allison</i> , Falmouth	<i>Cruttwell</i> , Durham
<i>Brookes</i> , perfumer, Coventry-street, Haymarket, London	<i>Carnan &amp; Co.</i> Reading
<i>Berrows</i> , Worcester	<i>Cresswell</i> , Nottingham
<i>Burbage</i> , Nottingham	<i>Carr</i> , Portsmouth
<i>Binns</i> , Leeds	<i>Drewry</i> , Derby
<i>Bisset</i> , Perth	<i>Dixon</i> , Cockermouth
<i>Bent</i> , Barnesley	<i>Elliot</i> , Edinburgh
<i>Burrough</i> , Devizes	<i>Evans</i> , Swansea
<i>Buckland</i> , Truro	<i>Frost</i> , Chelmsford
<i>Booth</i> , Caister	<i>Fisher</i> , Rochester
<i>Crouse</i> , Norwich	<i>Gore</i> , Liverpool
<i>Cass</i> , Wells	<i>Goadby</i> , Sherborn
<i>Cass</i> , jun. Bridgewater	<i>Gregory</i> , Leicester
<i>Cruttwell</i> , Oakingham	<i>Hooker</i> , druggist, Colchester
-----, Bath	<i>Hall</i> , perfumer, No. 103, in the Strand

<i>Hagben</i> , Rye in Suffex	<i>Rogers</i> , Bury
<i>Hodson &amp; Co</i> Salisbury	<i>Rivington</i> , New-York
Ditto at Cambridge	<i>Russell</i> , Guildford
<i>Horden</i> , Peterborough	<i>Ray</i> , Stafford
<i>Harward</i> , Tewkesbury	<i>Rakes</i> , Gloucester
<i>Howgrave</i> , Stamford	<i>Rothwell</i> , perfumer, N. Bond-street
<i>Harrop</i> , Manchester	<i>Swinney</i> , Birmingham
<i>Harold</i> , Marlborough	<i>Saint</i> , Newcastle
<i>Heath</i> , Mansfield	<i>Slack</i> , ditto
<i>Hanse</i> , Gravesend	<i>Smith &amp; Symmonds</i> , Can- terbury
<i>Jopson</i> , Coventry	<i>Shave</i> , Ipswich
<i>Jaques</i> , Chichester	<i>Sturch</i> , Newport in the Isle of Wight
<i>Ireland</i> , Lewes in Suffex	<i>Shank</i> , Abingdon
<i>Ireland</i> at Antigua	<i>Sanham</i> , Dartford
<i>King</i> , Honiton	<i>Thomson</i> , Aberdeen
<i>Lee</i> , Lewes in Suffex	<i>Trueman</i> , Exeter
<i>Lawrie</i> , Tweedmouth	<i>Tessyeman</i> , York
<i>Linden</i> , Southampton	<i>Tunstall</i> , Richmond
<i>Lambert</i> , Yarmouth	<i>Valescure</i> , Royal Ex- change, London
<i>Memminger</i> , Philadel- phia	<i>Vesey</i> , Darlington
<i>Murch</i> , Barnstaple	<i>Wilkie</i> , bookseller, St. Paul's Church-yard, London
<i>Meggitt</i> , Wakefield	<i>Wood</i> , Shrewsbury
<i>Mercer</i> , Maidstone	<i>Walker</i> , Maidstone
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<i>Farrar</i> , Lymerick	<i>G. Stevenson</i> , Newry
<i>Gilbert</i> , Dublin	<i>Smith</i> , Belfast; and at
<i>Gihon</i> , Drogheda	many other principal
<i>Ramsay</i> , Waterford	towns in Ireland
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The poor who cannot afford to pay for medicines, cured gratis. Attendance daily. Letters of advice (post-paid) answered.—Orders punctually attended to.—To prevent counterfeits each bill is signed with my name. Allowance to country shopkeepers for ready money only.

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At all the forementioned places may be had,  
Price 2s. in moulded bottles,

The PECTORAL ESSENCE of  
**GROUND IVY.**

A Chemical Preparation for

Colds, Coughs, and Asthmas.

By F. SPILSBURY, Chymist, Mount-Row.

**A** Midst the numerous class of herbs which this country affords, Ground IVY, which grows low, and is very common

common to be met with in hedges, shooting forth its tender branches, may justly claim our attention, and is no ways inferior to the virtues of honey, liquorice root, coltsfoot, hyssop, or any other herbs made use of for colds and coughs, which is well known to the people who reside in the country, who constantly resort to this herb for relief; and as a further proof of its excellency it is strongly recommended by ancient physicians, in distempers of the lungs and breast. This herb made into tea for breakfast far exceeds any other, and it is custom only has given the preference of foreign herbs improved by art, to this much neglected, safe, pleasant, efficacious vegetable, which providence has planted in abundance.

Many are the disorders that the human body falls a victim to, among the rest that of catching cold, which produces coughs, which are frequently followed by consumptions, unless timely remedied. — Some maladies are peculiar only to certain countries, but this complaint the inhabitants of every climate are liable too, sparing neither sex, age, or constitution, nor can the  
greatest